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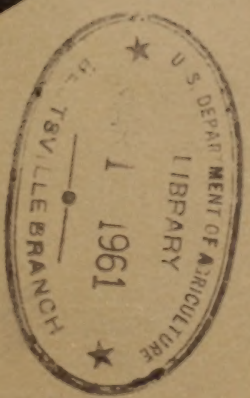
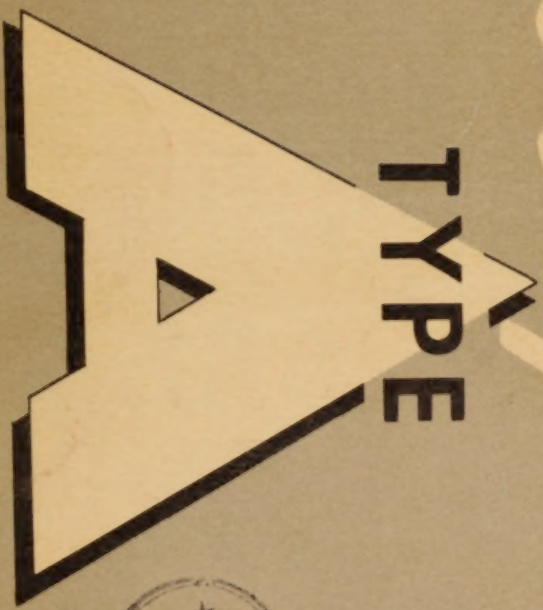
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Receipts

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TYPE



SCHOOL LUNCHEES

UNITED STATES DEPARTMENT OF AGRICULTURE

Washington, D.C.

Revised July 1958

PA-271

RECIPES FOR TYPE A SCHOOL LUNCHESES

The recipes in this file have been developed to assist school lunch cooks and managers prepare and serve appetizing and nutritious lunches. The file contains some of the favorite school lunch recipes previously published, as well as many new ones. Each recipe in this easy-to-use card file is designed to help school lunch workers prepare foods in the amounts needed to meet the requirements for Type A lunches. As a further aid, the recipe cards for the protein-rich dishes contain suggested menus. Additional information on such subjects as portion control, the use of nonfat dry milk, dried whole eggs, and basic quantity cookery methods is also included.

The recipes were developed by the Human Nutrition Research Division of the Agricultural Research Service, U.S. Department of Agriculture, and by the Bureau of Commercial Fisheries of the Fish and Wildlife Service, U.S. Department of the Interior. State School Lunch Supervisors serving on the Area Committees on School Lunch Nutritional Requirements provided much assistance to the Food Distribution Division of the Agricultural Marketing Service, U.S. Department of Agriculture, in the preparation of the menus included in the file. They also provided many valuable suggestions on this simple and usable method of publishing the material.

Supplements 1 and 2 to the 1955 edition are included in this revision.

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C -- FRUITS AND OTHER DESSERTS

B -- BREADS AND CEREAL PRODUCTS

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|--------------------------|----------|-----------------------------|----------|
| Biscuits, using mix..... | B-1 | Muffins | |
| Cheese | B-1 | Blueberry..... | B-7 |
| Cornmeal..... | B-1 | Cornmeal..... | B-4 |
| Drop | B-1 | Date..... | B-7 |
| Orange | B-1 | Peanut butter, using mix... | B-8 |
| Bread | | Plain, using mix | B-7 |
| Boston brown | B-2 | Raisin..... | B-7 |
| Cornbread | | Rice | B-14 |
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| Using mix | B-4 | Rice, cooking | |
| French | B-15 | Parboiled..... | B-13 |
| Fruit-nut | B-16 | White..... | B-12 |
| Raisin..... | B-11 | Rolls | B-9 |
| Wheat | B-10 | Brown and serve..... | B-9 |
| White..... | B-11 | Hamburger | B-17 |
| Macaroni, cooking..... | B-6 | Spaghetti, cooking | B-6 |
| Mixes | | Stuffing | |
| Biscuit | B-1 | Bread | B-3 |
| Cornmeal | B-1 | Cornbread | B-3 |
| Cornbread | B-4 | | |
| Muffin | | | |
| Peanut butter..... | B-8 | | |
| Plain..... | B-7 | | |

C -- FRUITS AND OTHER DESSERTS

D -- MAIN DISHES

| | Card No. | | Card No. |
|-------------------------------|----------|----------------------------|----------|
| Cakes | | | |
| Applesauce..... | C-33 | Cookies (continued) | |
| Chocolate..... | C-10 | Coconut | C-25 |
| Gingerbread, using mix | C-16 | Oatmeal | C-18 |
| Plain, using mix | C-24 | Peanut butter-raisin | C-22 |
| Prune-spice..... | C-27 | Plain..... | C-25 |
| Upside-down | | Raisin..... | C-25 |
| Apricot..... | C-23 | Crisps | |
| Cherry | C-23 | Apple | C-2 |
| Peach | C-23 | Apple-cheese..... | C-2 |
| Pineapple | C-23 | Crunches | |
| Yellow..... | C-32 | Cranberry..... | C-39 |
| Cobblers | | Fig..... | C-26 |
| Blueberry..... | C-9 | Prune | C-26 |
| Cherry | C-9 | Custards | |
| Peach | C-9 | Baked | C-4 |
| Plum..... | C-9 | Caramel..... | C-4 |
| Confection, dried fruit | C-14 | Chocolate | C-4 |
| Cookies | | Rice..... | C-4 |
| Brownies, using mix..... | C-7 | Orange-coconut | C-19 |
| Chocolate | C-7 | Pumpkin..... | C-40 |

(over)

C -- FRUITS AND OTHER DESSERTS--continued

| | Card No. | | Card No. |
|--------------------------|----------|-------------------------------|----------|
| Frostings and toppings | | Fruit desserts (continued) | |
| Butterscotch icing | C-8 | Banana cream pie..... | C-12 |
| Cream frostings | | Blueberry | |
| Chocolate | C-30 | Betty..... | C-15 |
| Lemon..... | C-30 | Cobbler..... | C-9 |
| Orange | C-30 | Cherry | |
| Pineapple | C-30 | Cobbler..... | C-9 |
| Vanilla | C-30 | Upside-down cake..... | C-23 |
| Meringue for pie..... | C-17 | Cranberry | |
| Whipped topping | C-31 | Crunch | C-39 |
| Fruit desserts | | Pudding, steamed | C-28 |
| Apple | | Date-peanut butter pudding... | C-13 |
| Betty..... | C-15 | Dried fruit | |
| Crisp..... | C-2 | Confection | C-14 |
| Pie..... | C-3 | Stewed | C-29 |
| Apricot | | Fig crunch..... | C-26 |
| Betty..... | C-15 | Frozen fruit | |
| Rice cream | C-21 | Thawing and preparing | C-1 |
| Rice pudding | C-37 | Preparing fruit filling..... | C-1 |
| Stewed dried | C-29 | Lemon refrigerator dessert . | C-35 |
| Upside-down cake..... | C-23 | Orange-coconut custard | C-19 |

(Continued on next card)

| | Card No. | | Card No. |
|----------------------------|----------|----------------------|------------|
| Fruit desserts (continued) | | Mixes (continued) | |
| Peach | | Gingerbread..... | C-16 |
| Betty..... | C-15 | Pudding | |
| Cobbler..... | C-9 | Caramel..... | C-38 |
| Rice cream..... | C-21 | Chocolate..... | C-38 |
| Stewed dried..... | C-29 | Pastry for pies..... | C-20 |
| Upside-down cake..... | C-23 | Pies | |
| Pineapple | | Apple | |
| Rice cream..... | C-21 | French..... | C-3 |
| Upside-down cake..... | C-23 | With honey..... | C-3 |
| Plum | | Cream..... | C-12 |
| Cobbler..... | C-9 | Banana..... | C-12 |
| Pie..... | C-3 | Chocolate..... | C-12 |
| Prune | | Coconut..... | C-12 |
| Crunch..... | C-26 | Plum..... | C-3 |
| Peanut butter pudding..... | C-13 | Pumpkin..... | C-36, C-40 |
| Stewed..... | C-29 | Squash..... | C-36 |
| Sherbert, tropical..... | C-41 | Sweetpotato..... | C-36 |
| Mixes | | Puddings | |
| Brownie..... | C-7 | Apricot rice..... | C-37 |
| Cake, plain..... | C-24 | | |

C -- FRUITS AND OTHER DESSERTS--continued

| Puddings (continued) | | Card No. | Puddings (continued) | | Card No. |
|---------------------------|--|----------|--------------------------------|--|----------|
| Bread | | C-6 | Rice (continued) | | |
| Caramel | | C-6 | Apricot cream..... | | C-21 |
| Chocolate | | C-6 | Peach cream..... | | C-21 |
| Caramel, using mix | | C-38 | Pineapple cream | | C-21 |
| Chocolate..... | | C-11 | Tapioca..... | | C-11 |
| Using mix | | C-38 | Refrigerator dessert, lemon... | | C-35 |
| Coconut | | C-11 | Sherbert, tropical | | C-41 |
| Cornstarch..... | | C-11 | | | |
| Cranberry, steamed | | C-28 | | | |
| Date-peanut butter | | C-13 | | | |
| Fruit betty | | C-15 | | | |
| Indian | | C-34 | | | |
| Peach-rice cream | | C-21 | | | |
| Peanut butter | | | | | |
| Date..... | | C-13 | | | |
| Prune | | C-13 | | | |
| Pineapple-rice cream..... | | C-21 | | | |
| Prune-peanut butter..... | | C-13 | | | |
| Rice | | | | | |
| Apricot..... | | C-37 | | | |

| | Card No. |
|--------------------------------|----------|
| Beans and peas, dry | |
| General directions for cooking | D-1 |
| Beans | |
| And ham scallop..... | D-32 |
| Baked | D-9 |
| Casserole..... | D-70 |
| Lima | |
| And ham bake | D-61 |
| Boiled with ham | D-16 |
| Casserole..... | D-63 |
| Vegetarian..... | D-63 |
| In tomato sauce | D-9 |
| Chili con carne with beans... | D-24 |
| Hopping John..... | D-73 |
| Cheese | |
| And fish biscuit roll | |
| With flaked fish | D-49 |
| With salmon..... | D-49 |
| With tuna | D-49 |
| And macaroni | D-36 |
| With dried beef..... | D-36 |

| | Card No. |
|----------------------------|----------|
| Cheese (continued) | |
| And macaroni (continued) | |
| With eggs..... | D-36 |
| With ham | D-36 |
| And potato casserole | D-20 |
| And rice casserole..... | D-67 |
| With ham | D-67 |
| With luncheon meat | D-67 |
| And scrambled eggs..... | D-44 |
| Cheeseburgers | D-33 |
| Fondue | D-59 |
| With ham | D-59 |
| With luncheon meat | D-59 |
| Meat loaf | D-37 |
| Rabbit..... | D-21 |
| With tomato..... | D-21 |
| Eggs | |
| Creamed..... | D-27 |
| With dried beef | D-26 |
| With frankfurters | D-27 |
| With ham | D-27 |

D -- MAIN DISHES--continued

| | Card No. | | Card No. |
|----------------------------|----------|-----------------------------|----------|
| Meat (continued) | | Meat (continued) | |
| Beef (continued) | | Beef (continued) | |
| Dried beef (continued) | | Patties, with veal..... | D-53 |
| Creamed..... | D-26 | Pie..... | D-15 |
| With eggs..... | D-26 | Shepherd's pie..... | D-45 |
| With macaroni and cheese. | D-36 | Shortribs, braised..... | D-71 |
| Ground beef | | Steak | |
| And spaghetti..... | D-31 | Pepper..... | D-46 |
| As stuffing for peppers... | D-31 | Swiss..... | D-46 |
| On noodles..... | D-60 | Stew..... | D-15 |
| Hamburger, baked | | Tamale pie..... | D-47 |
| With squash..... | D-62 | Frankfurters | |
| With potatoes..... | D-62 | And eggs, creamed..... | D-27 |
| With sweetpotatoes..... | D-62 | And potatoes, scalloped ... | D-43 |
| Hamburgers..... | D-33 | Casserole..... | D-30 |
| Hash, barbecued..... | D-14 | Pigs in blankets..... | D-75 |
| Meat loaf..... | D-37 | Heart, casserole, with | |
| Beef-pork..... | D-37 | stuffing..... | D-19 |
| Cheese-beef..... | D-37 | Lamb | |
| Meat-potatoburgers..... | D-54 | Barbecued..... | D-13 |
| Meat sauce..... | D-38 | | |

(continued on next card)

| Card No. | | Card No. | |
|----------------------------|--|---------------------------|--|
| Meat (continued) | | Meat (continued) | |
| Lamb (continued) | | Pork (continued) | |
| Braised shanks with | | Ham, smoked | |
| vegetables | | And bean scallop..... | |
| Pie..... | | And boiled limas..... | |
| Shepherd's pie..... | | And cheese fondue | |
| Stew..... | | And eggs, creamed | |
| Liver | | And lima bean bake | |
| Braised..... | | And potatoes, scalloped . | |
| Creole | | And scrambled eggs..... | |
| Oven-fried..... | | Baked | |
| Luncheon meat | | Loaf..... | |
| And cheese fondue | | With macaroni and cheese | |
| And eggs, creamed | | With rice and cheese ... | |
| With rice and cheese | | Hash, barbecued | |
| Pork | | Loaf, with beef..... | |
| And sauerkraut..... | | Meat-potatoburgers..... | |
| Barbecued | | Neckbones, barbecued.... | |
| Chop suey..... | | Paties, with veal..... | |
| Chops, breaded | | Savory | |
| Goulash | | Scraple | |

D -- MAIN DISHES--continued

| | Card No. | | Card No. |
|---|----------|----------------------------|----------|
| Meat (continued) | | Poultry (continued) | |
| Pork (continued) | | Chicken | |
| Spareribs, barbecued | D-69 | Barbecued | D-13 |
| Tongue, boiled | D-48 | Chop suey..... | D-41 |
| Veal | | Creamed | D-28 |
| Chop suey..... | D-41 | Goulash | D-65 |
| Cutlets, breaded | D-58 | Loaf..... | D-51 |
| Hash, barbecued | D-14 | Oven-fried..... | D-39 |
| Patties | D-53 | Pie | D-52 |
| With beef | D-53 | Scalloped, with corn | D-22 |
| With pork..... | D-53 | Scrapple..... | D-66 |
| Poultry | | Spoonbread | D-23 |
| General directions | | Turkey | |
| Thawing frozen ready-to-cook poultry | D-5 | A la king | D-28 |
| Inspecting and cleaning ready-to-cook poultry | D-5 | Barbecued | D-13 |
| Roasting turkey..... | D-6 | Creamed..... | D-28 |
| Steaming chicken or turkey .. | D-7 | Curried..... | D-28 |
| Stewing chicken or turkey.... | D-8 | Goulash..... | D-65 |
| | | Loaf..... | D-51 |
| | | Pie..... | D-52 |
| | | Scalloped, with corn | D-22 |
| | | Spoonbread..... | D-23 |

| | Card No. | | Card No. |
|--|----------|-----------------------------|------------|
| Guides for preparing fruit and vegetable salads..... | E-1 | Celery-carrot-raisin | E-16 |
| Suggested combination for salads | | Cheese | |
| Cabbage | E-2 | And ham | E-22 |
| Fruit | E-3 | And kidney bean | E-5 |
| Vegetable | E-4 | And potato | E-15 |
| Apple | | Chicken | E-19 |
| With fish flakes..... | E-12 | And egg | E-7 |
| With Pacific sardines | E-12 | And kidney bean | E-5 |
| With salmon | E-12 | Cole slaw | E-6 |
| With tuna | E-12 | Cottage cheese | |
| Applesauce, jellied | E-23 | And vegetable, jellied..... | E-9 |
| Cabbage | | With peach | E-13 |
| And carrot slaw..... | E-6 | With pineapple..... | E-13 |
| And pepper slaw | E-6 | With vegetable..... | E-13 |
| Carrot | | Cranberry | |
| And cabbage slaw..... | E-6 | And fruit, jellied | E-21 |
| And greens, tossed | E-18 | And pear, jellied | E-21 |
| With celery and raisins..... | E-16 | Egg | E-7 |
| With coconut and raisins..... | E-16 | And chicken | E-7 |
| With raisins..... | E-16 | And tomato aspic | E-17 |
| | | Fish flake-apple | E-12 |
| | | Fruit, jellied | E-10, E-11 |

E -- SALADS--continued

| Card No. | | Card No. |
|----------|-------------------------------|--------------------------------------|
| E-18 | Green, tossed..... | Salmon-apple..... E-12 |
| E-18 | With carrot..... | Sardine, Pacific, and apple.... E-12 |
| E-18 | With tomato..... | Tomato |
| | Ham | And greens, tossed..... E-18 |
| E-22 | And cheese..... | Aspic..... E-17 |
| E-22 | And Swiss cheese..... | With egg..... E-17 |
| | Kidney bean | Tuna-apple..... E-12 |
| E-5 | And cheese..... | Turkey..... E-19 |
| E-5 | And chicken..... | And kidney bean..... E-5 |
| E-5 | And turkey..... | With potato..... E-19 |
| E-5 | And veal..... | Veal and kidney bean..... E-5 |
| E-13 | Peach-cottage cheese..... | Vegetable-cottage cheese..... E-13 |
| E-21 | Pear-cranberry, jellied..... | Jellied..... E-9 |
| E-6 | Pepper-cabbage slaw..... | Waldorf..... E-20 |
| E-13 | Pineapple-cottage cheese..... | With dates..... E-20 |
| E-14 | Potato..... | With grapes..... E-20 |
| E-15 | And cheese..... | |
| E-8 | Hot..... | |
| E-19 | With turkey..... | |
| E-16 | Raisin-carrot..... | |
| E-16 | With celery..... | |
| E-16 | With coconut..... | |

G -- SANDWICHES

F -- SALAD DRESSINGS

| Card No. | | Card No. | |
|------------------|-----|--------------------|-----|
| Apricot..... | F-3 | French (continued) | |
| Chiffonade | F-3 | Tomato..... | F-1 |
| Cooked | F-2 | Mayonnaise | F-3 |
| French | | Pineapple..... | F-3 |
| Basic | F-1 | Russian | F-3 |
| Honey | F-1 | Sour cream | F-4 |
| Sweet | F-5 | | |

G -- SANDWICHES

| | Card No. |
|-----------------------------------|----------|
| Suggestions for sandwich making . | G-1 |
| Bean-cheeseburger | G-10 |
| Carrot-peanut butter-raisin.... | G-8 |
| Cheese | |
| And egg..... | G-4 |
| And egg vegetableburger..... | G-2 |
| And olive | G-3 |
| And Pacific sardines, toasted. | G-11 |
| And vegetable rarebit | G-2 |
| Grilled | G-6 |
| Cheeseburger-bean | G-10 |
| Chicken-ham..... | G-9 |
| Dried beef-peanut butter..... | G-13 |
| Egg-cheese | G-4 |
| Vegetableburger | G-2 |
| Fig-peanut butter | G-7 |
| Fish flake..... | G-5 |
| Fishburgers..... | G-12 |

H -- SAUCES AND GRAVIES

| | Card No. |
|---------------------------------|----------|
| Fish-stick burgers..... | G-12 |
| Ham | |
| And chicken..... | G-9 |
| And turkey | G-9 |
| Olive-cheese | G-3 |
| Peanut butter | |
| And fig | G-7 |
| With carrot and raisin..... | G-8 |
| With dried beef..... | G-13 |
| Raisin-peanut butter-carrot.... | G-8 |
| Salmon | G-5 |
| Sardine, Pacific..... | G-5 |
| With cheese, toasted..... | G-11 |
| Shrimp | G-5 |
| Tuna | G-5 |
| Turkey-ham..... | G-9 |
| Vegetable-cheese rarebit..... | G-2 |
| Vegetableburger, cheese-egg ... | G-2 |

I -- SOUPS AND CHOWDERS

H -- SAUCES AND GRAVIES

| | Card No. | | Card No. |
|--------------------------|----------|----------------------------|----------|
| Gravies | | | |
| Brown..... | H-2 | Sauces (continued) | |
| Chicken..... | H-2 | Mushroom..... | H-8, H-9 |
| Cream..... | H-2 | Orange..... | H-7 |
| Giblet..... | H-2 | With honey and peanut | |
| Turkey..... | H-2 | butter..... | H-4 |
| Sauces | | | |
| Apricot..... | H-1 | Parsley..... | H-8, H-9 |
| Butter..... | H-10 | Peanut butter-honey..... | H-4 |
| Cheese..... | H-8, H-9 | With orange..... | H-4 |
| Chocolate..... | H-7 | Prune..... | H-1 |
| Custard..... | H-3 | Raisin..... | H-5 |
| Egg..... | H-8, H-9 | Tartar..... | H-11 |
| Fig..... | H-1 | Quick..... | H-11 |
| Honey-peanut butter..... | H-4 | Tomato..... | H-6 |
| With orange..... | H-4 | Vanilla..... | H-7 |
| Maple..... | H-7 | White | |
| | | With nonfat dry milk..... | H-8 |
| | | With whole fluid milk..... | H-9 |



I -- SOUPS AND CHOWDERS

J -- VEGETABLES

| | Card No. | | Card No. |
|-----------------------------|----------|------------------------------|----------|
| Chowders | | Soups (continued) | |
| Cod | I-3 | Pollock-tomato | I-7 |
| Haddock | I-3 | Potato, cream of | I-6 |
| Perch, ocean | I-3 | Rice | |
| Pollock | I-3 | And chicken | I-2 |
| Whiting | I-3 | And chicken, with tomato... | I-2 |
| Soups | | And turkey | I-2 |
| Appledore | I-6 | Split pea | I-1 |
| Bean | I-1 | Tomato | |
| With frankfurters | I-1 | And chicken, with rice | I-2 |
| Beef-vegetable | I-5 | And cod | I-7 |
| Celery, cream of | I-6 | And haddock | I-7 |
| Chicken | | And ocean perch | I-7 |
| And tomato, with rice | I-2 | And pollock | I-7 |
| And vegetable | I-5 | And whiting | I-7 |
| With noodles | I-2 | Cream of | I-4 |
| With rice | I-2 | Turkey-rice | I-2 |
| Cod-tomato | I-7 | Vegetable | |
| Frankfurter-bean | I-1 | Meatless | I-5 |
| Haddock-tomato | I-7 | With beef | I-5 |
| Meatless vegetable | I-5 | With chicken | I-5 |
| Noodle-chicken | I-2 | Whiting-tomato | I-7 |
| Ocean perch-tomato | I-7 | | |



| | Card No. |
|---|----------|
| General Directions | |
| Canned vegetables, preparing. | J-1 |
| Fresh vegetables | |
| Baking (potatoes, sweet- potatoes, winter squash)... | J-2 |
| Boiling | J-3 |
| Steaming..... | J-5 |
| Frozen vegetables | |
| Boiling | J-4 |
| Steaming..... | J-6 |
| Apples and sweetpotatoes..... | J-18 |
| Beans, green, and tomatoes, stewed..... | J-16 |
| Beets | |
| Harvard | J-11 |
| In orange sauce..... | J-11 |
| Cabbage, scalloped | J-13 |
| Carrots | |
| And peas, creamed | J-8 |
| And potatoes, scalloped | J-14 |
| Glazed | J-9 |
| Golden | J-10 |

| | Card No. |
|------------------------------|----------|
| Cauliflower, scalloped | J-13 |
| Cheese-potato puff..... | J-19 |
| Corn pudding..... | J-7 |
| Okra and tomatoes, stewed... | J-16 |
| Onions, scalloped..... | J-13 |
| Parsnips, golden | J-10 |
| Peas and carrots, creamed... | J-8 |
| Peppers, stuffed..... | J-15 |
| Potato puff..... | J-19 |
| With cheese | J-19 |
| Potato(es) | |
| And carrots, scalloped..... | J-14 |
| Creamed..... | J-8 |
| Golden | J-10 |
| Mashed..... | J-12 |
| Scalloped | J-14 |
| Rice | |
| Spanish..... | J-15 |
| With stewed tomatoes | J-17 |
| Sauerkraut, baked | J-21 |
| Squash, orange..... | J-22 |

J -- VEGETABLES--continued

| | Card No. | | Card No. |
|--|----------|--------------------------------|----------|
| Sweetpotato-marshmallow casserole | J-20 | Tomatoes, stewed (continued) | |
| Sweetpotatoes | | With bread | J-16 |
| And apples | J-18 | With okra | J-16 |
| Glazed | J-9 | With rice | J-17 |
| Honey candied | J-9 | With green beans | J-16 |
| Orange | J-22 | Turnips, glazed | J-9 |
| Tomatoes, stewed | J-16 | Vegetables, mixed, creamed ... | J-8 |

The Type A Lunch Pattern is your guide to well-balanced lunches. It is designed to help in planning lunches that will supply the kind and amount of foods children need. To meet the requirements of the National School Lunch Program, the Type A lunch must contain as a minimum:

WHOLE MILK--1/2 pint fluid whole milk served as a beverage.

PROTEIN-RICH FOODS--2 ounces of cooked or canned lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of these foods served in the main dish or in the main dish and one other menu item.

VEGETABLES AND FRUITS--A 3/4 cup serving consisting of 2 or more vegetables or fruits, or both, in raw or cooked form. A serving of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD--One slice of whole-grain or enriched bread; or a serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE--2 teaspoons of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

The five food groups of the Pattern form the foundation of the lunch. When these foods are used in the amounts specified and in combination with other foods needed to satisfy the appetite, the lunches served will generally meet one-third of the daily dietary allowances recommended by the National Research Council for 10- to 12-year old children. To meet the nutritional needs of older children (particularly boys) it is important to serve larger portions or seconds of protein-rich main dish items and other foods in the lunch. The following information on three of the food groups in the Pattern will aid in planning lunches to meet the Type A Requirements:

THE TYPE A PATTERN--Continued

FLUID WHOLE MILK served as a beverage is essential in the lunch. When fluid whole milk cannot be obtained, 1/2 pint of reconstituted evaporated or dry whole milk shall be served as a beverage. (See card A-5 for method of reconstitution.) In addition to milk as a beverage, it is advisable to use milk frequently in cooking.

PROTEIN-RICH FOODS: Only the protein-rich foods listed in the Pattern and used in the main dish or in the main dish and one other menu item can be counted toward meeting this requirement. This provision has been carefully applied in the development of the protein-rich recipes contained in the main dish, salad, sandwich, and soup sections of the file and in the menus featured on the back of the recipes used as main dish items.

Most of the recipes for main dish items fully meet the Type A Requirement for a protein-rich food. Some recipes, however, meet only half of the requirement. When such recipes are main dish items, the menus provided on the back of the cards suggest serving an additional protein-rich food to fully meet the requirement.

In accordance with the requirements of the National School Lunch Program, only those protein-rich foods specified in the Type A Pattern have been counted in determining the contribution of the individual recipes. In some recipes, one food provides the full amount of protein, while in others a combination of foods has been used. Each protein-rich recipe is clearly marked to show the size of portion and the contribution it makes to a Type A lunch.

VEGETABLES AND FRUITS: This requirement may be met by serving two vegetables or two fruits or any combination of vegetables and fruits which totals 3/4 cup. Since studies show that vitamin A and vitamin C are frequently short in children's diets, special attention should be given to foods containing these vitamins. It is important to include a vitamin C-rich food every day, and a vitamin A-rich food twice a week.

Each recipe in this file is designed to provide 100 portions. Since few schools serve exactly 100 lunches each day, it is often necessary to reduce or increase a recipe.

To adjust a recipe to the right size for use in your school:

1. Write the number of portions needed in the heading of the blank column on the recipe card.
2. Figure the weight or measure of each ingredient:
For 25 servings--multiply each ingredient listed by $1/4$.
For 33 servings--multiply each ingredient listed by $1/3$.
For 50 servings--multiply each ingredient listed by $1/2$.
For 66 servings--multiply each ingredient listed by $2/3$.
For 75 servings--multiply each ingredient listed by $3/4$.
For 200 servings--multiply each ingredient listed by 2.

Note: When the amount of an ingredient needed in the recipe is stated in two different units of weight or measure, change them to one common unit before multiplying. For example: When a recipe calls for 1 pound 14 ounces of any ingredient change the amount needed to 30 ounces; when a recipe calls for 1 gallon $3-1/4$ quarts, change the amount needed to $7-1/4$ quarts. Then multiply by the appropriate fraction or number as shown above.

3. Enter the amount that you need of each item in the blank column at the right of the list of ingredients.

When more than 200 servings are needed, it is wise to prepare the total amount needed in several lots.

FRACTIONAL EQUIVALENTS

The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc. to accurate weights or measures. For example, reading from left to right, the table shows that $\frac{7}{8}$ of one pound is 14 ounces; $\frac{1}{3}$ of a gallon is 1 quart + $\frac{1}{3}$ cups; $\frac{1}{16}$ of a cup is 1 table-spoon.

| Fractional unit | Tablespoon | Cup | Pint | Quart | Gallon | Pound |
|----------------------|----------------------------|-----------------------|----------------------|----------------------|---------------------------------|-----------------------|
| 1..... | 3 tsp. | 16 tbsp. | 2 cups | 2 pt. | 4 qt. | 16 oz. |
| $\frac{7}{8}$ | $\frac{2-1}{2}$ tsp. | 1 cup less 2 tbsp. | $\frac{1-3}{4}$ cups | $\frac{3-1}{2}$ cups | 3 qt. + 1 pt. | 14 oz. |
| $\frac{3}{4}$ | $\frac{2-1}{4}$ tsp. | 12 tbsp. | $\frac{1-1}{2}$ cups | 3 cups | 3 qt. | 12 oz. |
| $\frac{2}{3}$ | 2 tsp. | 10 tbsp. + 2 tsp. | $\frac{1-1}{3}$ cups | $\frac{2-2}{3}$ cups | 2 qt. + $\frac{2-2}{3}$ cups | 10- $\frac{2}{3}$ oz. |
| $\frac{5}{8}$ | 2 tsp. (scant) | 10 tbsp. | $\frac{1-1}{4}$ cups | $\frac{2-1}{2}$ cups | 2 qt. + 1 pt. | 10 oz. |
| $\frac{1}{2}$ | $\frac{1-1}{2}$ tsp. | 8 tbsp. | 1 cup | 2 cups | 2 qt. | 8 oz. |
| $\frac{3}{8}$ | $\frac{1-1}{8}$ tsp. | 6 tbsp. | $\frac{3}{4}$ cup | $\frac{1-1}{2}$ cups | 1 qt. + 1 pt. | 6 oz. |
| $\frac{1}{3}$ | 1 tsp. | 5 tbsp. + 1 tsp. | $\frac{2}{3}$ cup | $\frac{1-1}{3}$ cups | 1 qt. + $\frac{1-1}{3}$ cups | 5- $\frac{1}{3}$ oz. |
| $\frac{1}{4}$ | $\frac{3}{4}$ tsp. | 4 tbsp. | $\frac{1}{2}$ cup | 1 cup | 1 qt. | 4 oz. |
| $\frac{1}{8}$ | $\frac{1}{2}$ tsp. (scant) | 2 tbsp. | $\frac{1}{4}$ cup | $\frac{1}{2}$ cup | 1 pt. | 2 oz. |
| $\frac{1}{16}$ | $\frac{1}{4}$ tsp. (scant) | 1 tbsp. | 2 tbsp. | $\frac{1}{4}$ cup | 1 cup | 1 oz. |

WEIGHING AND MEASURING:

For best results, weigh or measure ingredients accurately and carefully follow the directions given in the recipes for combining. Weighing, whenever possible, is recommended as it is usually more accurate. To save time, weigh all small equipment (intended for scale use) and mark the various weights on the outside of the utensil with permanent markings.

When ingredients are to be measured, use standard measuring equipment and make measurements level. Pre-sift materials or use other precautions against increase and overpacking. Using the largest appropriate measure instead of the equivalent in small measure saves time and also reduces the possibility of error. For example: Use a 1-gallon measure rather than a quart four times; or a pint measure rather than 2 cups; or 2 cups rather than 32 tablespoons.

EQUIPMENT AIDS TO ACCURATE WEIGHING AND MEASURING:

1. Scales:
Table Model--for weighing large or small quantities.
2. Measuring utensils:
Graduated--gallon, 2-quart, 1-quart, pint, cup.
Individual--1 cup, 1/2 cup, 1/3 cup, 1/4 cup.
--1 tablespoon, 1 teaspoon, 1/2 teaspoon, 1/4 teaspoon.
3. Spatula or knife--for leveling.
4. Stirring spoon.
5. Sifter.

METHODS OF MEASURING INGREDIENTS

DRY INGREDIENTS

White Flour

Sift once. Place lightly in a measure and level with straight edge of a knife or spatula.

Whole-Grain Flour and Meals

Stir lightly with fork or spoon. Place lightly in a measure and level with straight edge of a knife or spatula.

Dried Whole Eggs (whole egg solids)

Sift once. Place lightly in measure and level with straight edge of a knife or spatula.

SOLID FATS

1. Use 1-pound bar of fat as equivalent to about 2 cups, or
2. Press fat firmly into the measure and level with straight edge of a knife or spatula, or

3. Use water replacement method for measuring small amounts of fat if water that clings to fat will not affect the product. Pour cold water into container up to measure which will equal 1 cup when desired amount of fat is added.

Example--To measure $1\frac{1}{3}$ cup fat:
Pour $2\frac{2}{3}$ cup cold water into the measure.
Add enough fat to raise water level to 1 cup mark. Drain off the water.

SUGARS

Brown Sugar

Pack in measure firmly enough for the sugar to keep the shape of the container when turned out. If brown sugar is lumpy, roll and sift before measuring.

White Sugar

Place in a measure and level with straight edge of knife or spatula. If sugar is lumpy, sift before measuring.

The use of standardized recipes is an important factor in portion control. However, a recipe can be depended upon to give the stated number of portions only if the servings are of a uniform size. The most dependable method to use in measuring portions is to serve the food with ladles, scoops, and spoons of standard sizes.

LADLES

Ladles may be used in serving soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used for serving school lunches:

- 1/4 cup (2 ounces)
- 1/2 cup (4 ounces)
- 3/4 cup (6 ounces)
- 1 cup (8 ounces)

SERVING SPOONS

A serving spoon (solid or perforated) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired.

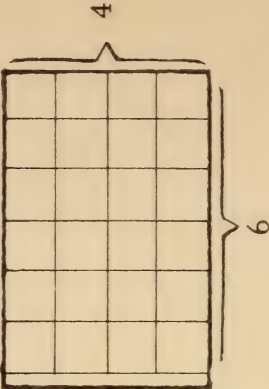
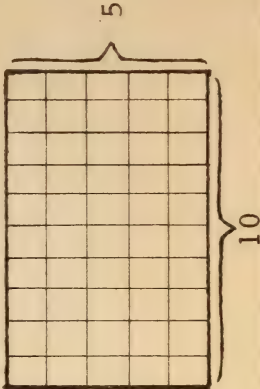
SCOOPS

The number of the scoop indicates the number of scoopsful it takes to make 1 quart. The following table shows the level measures of each scoop in cups or tablespoons:

| <u>Scoop Number</u> | <u>Level Measure</u> |
|---------------------|----------------------|
| 6 | 2/3 cup |
| 8 | 1/2 cup |
| 10 | 2/5 cup |
| 12 | 1/3 cup |
| 16 | 1/4 cup |
| 20 | 3-1/5 tablespoons |
| 24 | 2-2/3 tablespoons |
| 30 | 2-1/5 tablespoons |
| 40 | 1-3/5 tablespoons |

Scoops may be used for portioning such items as drop cookies, muffins, meat patties, and some vegetables and salads.

PORTION CONTROL--Continued

| APPROXIMATE DIMENSIONS OF PORTIONS FROM DIFFERENT SIZE PANS ¹ | | | CUTTING DIAGRAMS FOR CORRECT PORTIONING | |
|--|------------------|----------------|--|---|
| Pan Size | Portions Per Pan | | For 25 Portions: | For 50 Portions: |
| | 25 | 50 | | |
| About 10 by 16 by 2 inches About 12 by 16 by 3 inches About 12 by 20 by 2 inches About 15 by 24 by 1 inch About 18 by 26 by 1 inch | inches | |  |  |
| | 2 by 2-1/4 | 1-1/2 by 1-1/2 | | |
| | 2-1/2 by 2-3/4 | 1-1/2 by 2-1/4 | | |
| | 2-3/4 by 2-3/4 | 1-3/4 by 2 | | |
| | ----- | 2-1/4 by 3 | | |
| | ----- | 2-1/2 by 3-1/4 | | |
| | | | For 25 Portions: | For 50 Portions: |
| | | | 1. Cut a 1/2 to 1 inch piece off the end for 1 portion. | 1. Cut pan 5 by 10. |
| | | | 2. Cut remainder of pan 6 by 4 for 24 portions. | |

¹ Based on bottom dimensions of the pans.

EQUIVALENTS FOR USE OF EVAPORATED MILK AND DRY MILK

General Information A-5

Canned evaporated milk, whole dry milk, or nonfat dry milk may be used in place of the fluid milk called for in any of the recipes in this file.

To Use Evaporated Milk: Reconstitute the canned evaporated-milk with equal measures of water.

To Use Whole Dry Milk: Reconstitute the dry milk with water using 1 part dry milk and 4 parts water; i.e., 1 cup dry milk plus 4 cups water equals about 1 quart
or
fluid milk.

Nonfat Dry Milk: To reconstitute: Sprinkle dry milk on top of lukewarm water and beat well with a rotary beater, wire whip, or power mixer.

or
Mix the dry milk with the dry ingredients in the recipe and add the water for reconstitution in place of the fluid milk specified.

(over)

COOKING WITH NONFAT DRY MILK

Nonfat dry milk may be added to some foods to increase their nutritive value. Proportions are as follows:

BREADS, BISCUITS, CAKES, and COOKIES

--Reduce flour by 2 tablespoons for each cup used and substitute 2 tablespoons nonfat dry milk. Sift with dry ingredients.

SOUPS, GRAVIES, and WHITE SAUCE

--Add up to 4 tablespoons of nonfat dry milk for each cup of liquid. Combine with the flour or a small quantity of the liquid before stirring into mixture.

MEAT LOAVES and SAUSAGE

--To each pound of meat add from 4 to 6 tablespoons nonfat dry milk. Also, nonfat dry milk may be added to flour used for dredging. This produces unusual browning as well as flavor.

MASHED VEGETABLES

--Add up to 3 tablespoons of nonfat dry milk for each cup of mashed vegetable. Use additional vegetable liquid or milk as needed for the right consistency.

CUSTARDS, CREAM PUDDINGS, RICE PUDDINGS, ETC.

--Add up to 3 tablespoons of nonfat dry milk for each cup of liquid. Mix with the dry ingredients or combine with a small amount of the liquid before stirring into mixture.

- Use dried whole eggs only in thoroughly cooked dishes--baked breads, long-cooked casseroles, and baked desserts. Do not use the dried eggs in egg-milk drinks, ice cream, and uncooked salad dressing, or in creamed puddings, soft custards, omelets, or scrambled eggs when cooked on top of the stove.

- Reconstitute only the quantity of dried eggs needed for the recipe being prepared.

- Sift dried eggs before measuring, measure lightly, do not pack.

- Bake food in pans of the size and number recommended in the recipe. If other sizes are used, fill them to a depth of not more than 2-1/2 inches. Deeper layers of food may not be thoroughly cooked in the time recommended.

- Store the dried eggs in a cool, dry place (not over 55° F.), preferably in the refrigerator.

After opening a can, store the unused powder in a tightly covered container in the refrigerator. Unless kept tightly covered, dried eggs take up moisture from the air and may absorb flavors from other foods. If the dried egg powder takes up moisture in storage, it becomes lumpy and will not mix readily with liquid.

Dried whole eggs may be used in two ways:

1. Reconstituted with Water:

In some recipes the dried eggs may be reconstituted and used like shell eggs. Weigh the dried eggs called for or sift and measure, being careful to use exact weights or level measurements. Sift the dried eggs again and sprinkle over the required amount of water; beat to blend using a rotary beater, wire whip, or power mixer.

2. Combined with Dry Ingredients:

For products using several dry ingredients, dried eggs may be sifted with the other dry ingredients. The water needed to reconstitute the dried eggs is added to other liquid in the recipe. Weigh the dried eggs called for or sift and measure before combining with other dry ingredients, being careful to use exact weights or level measurements.

Note: Dry mixes containing dried eggs should be stored in the refrigerator in a tightly covered container.

COOKING WITH DRIED WHOLE EGGS--Continued

Proportions for Reconstituting Dried Whole Eggs

| Dried Whole Eggs Sifted | + | Water | = | Shell Egg Equivalents (Large size) |
|---------------------------------------|---|---------------------------|---|---------------------------------------|
| 2-1/2 tbsp. (1/2 oz.) | + | 2-1/2 tbsp. | = | 1 |
| 1/3 cup (1 oz.) | + | 1/3 cup | = | 2 |
| 1/2 cup (1-1/2 oz.) | + | 1/2 cup | = | 3 |
| 2/3 cup (2 oz.) | + | 2/3 cup | = | 4 |
| 3/4 cup (2-1/2 oz.) | + | 3/4 cup | = | 5 |
| 1 cup (3 oz.) | + | 1 cup | = | 6 |
| 1 cup plus 2-1/2 tbsp. (3-1/2 oz.) | + | 1 cup plus 2-1/2 tbsp. | = | 7 |
| 1-1/3 cups (4 oz.) | + | 1-1/3 cups | = | 8 |
| 1-1/2 cups (4-1/2 oz.) | + | 1-1/2 cups | = | 9 |
| 1-2/3 cups (5 oz.) | + | 1-2/3 cups | = | 10 |
| 1-3/4 cups (5-1/2 oz.) | + | 1-3/4 cups | = | 11 |
| 2 cups (6 oz.) | + | 2 cups | = | 12 |
| 1 qt. (12 oz.) | + | 1 qt. | = | 24 |
| 1-1/2 qt. (1 lb. 2 oz.) | + | 1-1/2 qt. | = | 36 |
| 2 qt. (1 lb. 8 oz.) | + | 2 qt. | = | 48 |
| 2-1/2 qt. (1 lb. 14 oz.) | + | 2-1/2 qt. | = | 60 |

The recipes for mixes in this file have been developed for the convenience of school lunch workers in the preparation of a number of foods frequently served in school lunches. Although these recipes provide only enough of the mix for 100 portions, larger quantities can be prepared at one time.

STORAGE: The mixes can be stored in covered containers in a cool, dry place for several weeks. They may be kept in any large can with a tight cover or in smaller covered containers in weighed or measured amounts ready for use without further measuring.

Note: If mixes contain dried eggs store them in the refrigerator.

"KITCHEN-MADE" MIXES SAVE TIME AND MONEY--

1. They can be made during any slack time and stored for future use.
2. They are convenient for use during rush periods or emergencies.
3. They take less preparation time.
4. They assure a standard product every time.
5. They provide the stated number of portions needed.
6. They use USDA-donated foods to good advantage.



BISCUTS

Breads and Cereal Products B-1

BISCUIT MIX

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|--------------------|-----------------------|--|
| Weights | Measures | | | |
| 4 lb..... | 4 qt., sifted | All-purpose flour. | | 1. Sift dry ingredients together 3 times or blend 5 minutes in mixer on low speed, using the whip. Cut or rub in shortening. 2. Store in a tightly covered container in a cool place until needed. YIELD: 6 pounds 8 ounces (1 gallon 1-1/4 quarts). |
| 12 oz..... | 3 cups..... | Nonfat dry milk .. | | |
| 3 oz..... | 1/2 cup..... | Baking powder ... | | |
| 1 oz..... | 2 tbsp. | Salt..... | | |
| 1 lb. 8 oz.. | 3 cups..... | Shortening..... | | |

BISCUITS (using biscuit mix)

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------|-------------------------------------|--------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 6 lb. 8 oz. | 1 gal. 1-1/4 qt. About 1-1/2 qt. | Biscuit mix..... Water..... | | 3. Add enough water to the dry mix to make a soft dough. 4. Turn out on a lightly floured board, divide into halves, and knead lightly about 1 min. 5. Roll out to 1/2-inch thickness and cut with a floured 2-inch cutter, or roll in a sheet and cut into 2-inch squares. Place on baking sheets. 6. Bake at 425°F. (hot) 12 to 15 minutes. |

PORTION: One 2-inch biscuit.

VARIATIONS

- 1. DROP BISCUITS: Use 1 cup additional water and portion with a No. 24 scoop (2-2/3 tablespoons).
- 2. ORANGE BISCUITS: Press into each biscuit 1/2 piece of loaf sugar which has been dipped into orange juice.
- 3. CHEESE BISCUITS: Add 1 pound (1 quart) grated cheese to the dry mix.
- 4. CORNMEAL BISCUITS: To make mix, use only 3 pounds (3 quarts, sifted) all-purpose flour and add 1 pound (3 cups) cornmeal. To make biscuits, follow directions above.

BOSTON BROWN BREAD

Breads and Cereal Products B-2

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|-------------------------|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. 12 oz. | 2-1/2 qt. | Whole-wheat flour. | | 1. Blend dry ingredients. |
| 12 oz. | 2-1/4 cups | Cornmeal | | |
| 2 oz. | 1/3 cup... | Baking powder ... | | |
| | 1-1/3 tbsps | Soda | | |
| 1 oz. | 2 tbsps. | Salt | | |
| 2 lb. 7 oz. | 3-1/2 cups | Molasses..... | | 2. Add molasses and fat or oil, stirring until well mixed. Gradually stir in buttermilk or sour milk. Mix in raisins. |
| 8 oz. | 1 cup..... | Melted fat or oil.. | | |
| | 2-1/4 qt.. | Buttermilk or sour milk | | |
| 1 lb. | 3 cups ... | Seedless raisins | | 3. Pour into 4 well-greased loaf pans (about 4 by 10 by 4 inches). |
| | | | | 4. Cover and steam in compartment steamer at 6 or 7 pounds pressure 1-3/4 hours, or boil in a hot-water bath 3-1/2 hours. |

PORTION: 1 slice.



BREAD STUFFING

Breads and Cereal Products B-3

| 100 Portions | | Ingredients | For — Portions | Directions |
|---------------|----------------|--|-------------------|---|
| Weights | Measures | | | |
| 1 lb. 8 oz. | 3 cups | Turkey or chicken fat or butter or margarine | | 1. Melt the fat. Add vegetables and cook until clear but not brown; remove from heat. |
| 3 lb. | 3 qt. | Chopped celery . . . | | |
| 3 lb. | 2 qt. | Chopped onion | | |
| 7 lb. 8 oz. | 6 gal. | Untrimmed soft bread cubes | | 2. Add bread, seasonings, and giblets; toss to mix. |
| 1 oz. | 2 tbsp. . . . | Salt | | 3. Add turkey broth as needed to moisten slightly. Blend thoroughly. |
| | 2 tbsp. . . . | Poultry seasoning. | | 4. Place in 2 greased pans (about 12 by 20 by 2 inches). |
| | | Chopped cooked giblets, if desired | | 5. Bake at 350° F. (moderate) about 1 hour. |
| | | Turkey or chicken broth, as needed | | 6. Serve with a No. 16 scoop (1/4 cup). |

PORTION: 1/4 cup.

VARIATION

1. CORNBREAD STUFFING: Use only 4 pounds bread cubes and add 5 pounds 8 ounces crumbled unsweetened cornbread.



CORNBREAD

Breads and Cereal Products B-4

CORNBREAD MIX

| 100 Portions | | Ingredients | For — Portions | Directions |
|---|---|---|--|--|
| Weights | Measures | | | |
| 3 lb.,..... 4-1/2 oz . 10 oz..... 1-1/2 oz . 2 lb. 8 oz 10 oz | 3 qt., sifted 3/4 cup... 1-1/4 cups 3 tbsp 2 qt..... 2-1/2 cups | All-purpose flour. Baking powder... Sugar Salt..... Cornmeal..... Nonfat dry milk .. | | 1. Sift ingredients together 3 times or blend 5 minutes in mixer on low speed, using the whip. 2. Store in a tightly covered container in a cool place until needed. YIELD: 7 pounds (1-1/4 gallons 1-1/2 cups). |

| CORNBREAD (using cornbread mix) | | | | |
|---------------------------------|--|---|----------------------------------|--|
| 7 lb..... | 1-1/4 gal. 1-1/2 cups 2 cups (10) 2-1/2 qt.. 2-1/2 cups | Cornbread mix... Eggs..... Water..... Melted fat or oil. | | 3. Combine cornbread mix with re- maining ingredients and mix just enough to moisten. 4. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches), 1-3/4 quarts or about 3 pounds 10 ounces per pan. 5. Bake at 425° F. (hot) 30 to 40 minutes. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

VARIATION

1. CORNMEAL MUFFINS: Portion batter with a No. 16 scoop (1/4 cup) into greased muffin pans.
Bake at 425° F. (hot) 20 minutes.

CRISPY CORNBREAD

Breads and Cereal Products B-5

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------------------|-------------------------|-----------------------|---|
| Weights | Measures | | | |
| 1 lb. 8 oz. | 1-1/2 qt., sifted | All-purpose flour.. | | 1. Sift together flour, cornmeal, baking powder, sugar, and salt. |
| 4 lb..... | 3 qt..... | Cornmeal | | |
| 3 oz..... | 1/2 cup... | Baking powder ... | | |
| 8 oz..... | 1 cup..... | Sugar, if desired.. | | |
| 1-1/4 oz.. | 2-2/3 tbsp. | Salt | | |
| | 1-1/3 cups (7) | Eggs, beaten..... | | 2. Combine eggs, milk, and fat or oil with dry ingredients. Stir only until dry ingredients are moist and mixture has a rough appearance. |
| | 2 qt..... | Milk ¹ | | 3. Pour into 4 greased baking pans (about 10 by 16 by 2 inches), 1 quart 1-2/3 cups or 3 pounds 2 ounces per pan. |
| 1 lb..... | 2 cups.... | Melted fat or oil... | | 4. Bake at 425o F. (hot) 25 minutes. |

PORTION: 1 piece, 2 by 2-1/4 inches.

VARIATION

1. CRISPY CORNBREAD (with all cornmeal): Use 5 pounds 8 ounces (1 gallon 1/2 cup) cornmeal and omit the flour.

¹ Or use 3 quarts milk for lighter cornbread.

MACARONI, NOODLES, OR SPAGHETTI

Breads and Cereal Products B-6

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------------------|---------------------------|---------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 5 lb. 4 oz. <u>or</u> | | Macaroni | | 1. Add macaroni, noodles, or spaghetti to boiling water and stir. Cook for 14 to 16 minutes. 2. Drain. 3. Rinse with water to remove excess starch. |
| 6 lb. 4 oz. <u>or</u> | | Noodles | | |
| 5 lb. 8 oz. | | Spaghetti | | |
| 4 oz. | 3-3/4 gal. 1/2 cup ... | Boiling water ... Salt | | |

YIELD: About 3 gallons 2 cups.
PORTION: 1/2 cup.

MUFFINS

Breads and Cereal Products B-7

MUFFIN MIX

| 100 Portions | | Ingredients | For — Portions | Directions |
|---------------|--------------------------|--------------------|-------------------|--|
| Weights | Measures | | | |
| 5 lb. 4 oz. | 1 gal. 1-1/4 qt., sifted | All-purpose flour | | 1. Blend dry ingredients and shortening for 5 minutes in mixer on low speed. |
| 10 oz. | 2-1/2 cups | Nonfat dry milk... | | 2. Store in a tightly covered container in the refrigerator until needed. |
| 5 oz. | 1 cup less 2 tbsp. | Baking powder... | | YIELD: 8 pounds 4 ounces (about 1-3/4 gallons). |
| 1-3/4 oz. ... | 3-2/3 tbsp. | Salt | | |
| 1 lb. | 2 cups | Sugar..... | | |
| 1 lb. | 2 cups | Shortening..... | | |

PLAIN MUFFINS (using muffin mix)

| | | | | |
|-------------|------------------|-------------------|-------|---|
| | 2 cups (10). | Eggs, beaten..... | | 3. Combine the eggs with the water. |
| | 2 qt. 2-1/3 cups | Water | | 4. Add to muffin mix. Stir only until dry ingredients are moist and the mixture has a rough appearance. |
| 8 lb. 4 oz. | About 1-3/4 gal. | Muffin mix..... | | 5. Using a No. 16 scoop (1/4 cup), portion into greased muffin pans. |
| | | | | 6. Bake at 425° F. (hot) 18 minutes. |

PORTION: 1 muffin

VARIATIONS

1. BLUEBERRY MUFFINS: Add 2 cups raw or drained canned blueberries with the egg mixture.
2. DATE MUFFINS: Add 1 pound (2-1/3 cups) chopped dates to the muffin mix.
3. RAISIN MUFFINS: Add 10 ounces (2 cups) raisins to the muffin mix.

PEANUT BUTTER MUFFINS

PEANUT BUTTER MUFFIN MIX

Breads and Cereal Products B-8

| 100 Portions | | Ingredients | For — Portions | Directions |
|-----------------------------------|--|---------------------|-------------------|---|
| Weights | Measures | | | |
| 5 lb. 4 oz. | 1 gal. 1- 1/4 qt., sifted | All-purpose flour.. | | 1. Blend dry ingredients, peanut butter, and shortening for 5 minutes in mixer on low speed. |
| 1 lb. 5 oz. | 2-2/3 cups | Sugar..... | | 2. Store in a tightly covered container in the refrigerator until needed. |
| 5-1/4 oz. . | 1-3/4 cups, sifted | Dried whole eggs . | | YIELD: 12 pounds 10 ounces (about 2 gallons 1-1/4 quarts). |
| 9 oz. | 2-1/4 cups | Nonfat dry milk .. | | |
| 5 oz. | 1 cup less 2 tbsp. | Baking powder.... | | |
| 2-1/2 oz. . | 1/3 cup... | Salt | | |
| 4 lb. | 1-3/4 qt. . | Peanut butter..... | | |
| 14 oz. | 1-3/4 cups | Shortening | | |
| PEANUT BUTTER MUFFINS (using mix) | | | | |
| 12 lb. 10 oz. | 1-3/4 qt. . about 2 gal. 1-1/4 qt. | Water | | 3. Add water to muffin mix. Stir only until dry ingredients are moist and mixture has a rough appearance. |
| | | Muffin mix | | 4. Using a No. 16 scoop (1/4 cup), portion into greased muffin pans. |
| | | | | 5. Bake at 400°F. (hot) 15 minutes. |

PORTION: 1 muffin.



ROLLS

Breads and Cereal Products B-9

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|--------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| | 12-loaf batch | Bread recipe (card B-10, or B-11) | | <div>1. Follow directions given in the bread recipe through step 6.</div> <div>2. Punch dough down. Cut or "pinch off" 200 small rolls (about 1 ounce or 1-1/4 inches in diameter). Shape and place on lightly greased sheet pans. Grease tops of rolls lightly, if desired.</div> <div>3. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1 hour).</div> <div>4. Bake at 400° F. (hot) 12 to 15 minutes.</div> |

PORTION: 2 rolls, 1 ounce each.

VARIATION

1. BROWN AND SERVE ROLLS: Follow directions as above through step 3. Bake the rolls at 250° F. (slow) 30 minutes. They may then be held several hours at room temperature or refrigerated until the next day. To brown, bake at 425° F. (hot) about 7 minutes.

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--|---|--|--|--|
| Weights | Measures | | | |
| | 8 cakes ... <u>or</u> 8 packages | Compressed yeast. <u>or</u> Active dry yeast .. | | <u>Mixer Method</u> (To mix by hand, see note.) 1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes. |
| | 2-1/4 qt. . . | Lukewarm water .. | | |
| About 3 lb. 8 oz. 3 lb. 8 oz. . 7 oz. 7 oz. 2-1/2 oz. . . 7 oz. | About 3-1/2 qt., sifted 3-1/4 qt. . . 1-3/4 cups 7/8 cup ... 1/3 cup ... 7/8 cup ... | All-purpose flour. . Whole-wheat flour. Nonfat dry milk . . Sugar Salt Melted fat or oil. . | | 2. Sift dry ingredients, saving out 1 quart of the white flour. Add fat or oil and the dry ingredients to the yeast mixture. 3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth and elastic and leaves the sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough. 4. Form dough into a smooth ball. Place in a greased bowl and turn dough to grease top. 5. Cover and let rise in a warm place (about 85°F.) until increased 2 to 3 times in volume (about 1-1/4 hours). |

(over)

WHEAT BREAD--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|-------------|--------------------|---|
| Weights | Measures | | | |
| | | | | <p>6. Punch down. Cut into 12 equal portions. Form each portion into a ball, cover, and let rest on table top for about 15 minutes.</p> <p>7. Shape into loaves and place in lightly greased pans (about 3 by 9 by 2 inches or 4 by 8 by 2 inches).</p> <p>8. Let rise in a warm place (about 85°F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).</p> <p>9. Bake at 400°F. (hot) 35 to 40 minutes. A small pan of water placed in the oven gives a tender crust.</p> |

YIELD: 12 loaves, 1 pound each.
 PORTION: 2 slices.

NOTE: To Mix by Hand

Use the following procedure in place of steps 2 and 3:
 Sift dry ingredients, saving out 1 quart of white flour. Place about two-thirds of the dry ingredients on top of yeast mixture. Mix slightly. Add fat or oil and beat until smooth. Add remaining dry ingredients and mix well. If dough is very soft and sticky, gradually add enough saved-out flour to form a soft dough. Knead on a floured board until dough is smooth, satiny, and elastic.

| 100 Portions | | Ingredients | For Portions | Directions |
|----------------------|---------------------------------|---------------------|-----------------|---|
| Weights | Measures | | | |
| | 8 cakes | Compressed yeast | | <u>Mixer Method</u> (To mix by hand, see note.) 1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes. Cool milk to lukewarm and add to yeast and water mixture. 2. Sift dry ingredients, saving out 1 quart of flour. Add fat or oil and dry ingredients to the yeast mixture. 3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth, and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough. 4. Form dough into a smooth ball. Place in a greased bowl and turn dough to grease top. 5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours). |
| | 8 packages or 3 cups | Active dry yeast.. | | |
| | 1-1/2 qt. .. | Lukewarm water.. | | |
| | | Scalded milk | | |
| | | | | |
| About 7 lb. 4 oz. | About 7-1/4 qt., sifted | All-purpose flour | | |
| 9 oz. | 1-1/8 cups | Sugar | | |
| 2-1/2 oz.. | 1/3 cup | Salt | | |
| 12 oz. | 1-1/2 cups | Melted fat or oil.. | | |

(over)

WHITE BREAD--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|-------------|--------------------|--|
| Weights | Measures | | | |
| | | | | <p>6. Punch down. Cut into 12 equal portions. Form each portion into a ball, cover, and let rest on table top for about 15 minutes.</p> <p>7. Shape into loaves and place in lightly greased pans (about 3 by 9 by 2 inches or 4 by 8 by 2 inches).</p> <p>8. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hrs.).</p> <p>9. Bake at 400° F. (hot) 35 to 40 minutes. A small pan of water placed in the oven gives a tender crust.</p> |

YIELD: 12 loaves, 1 pound each.
 PORTION: 2 slices.

NOTE: TO MIX BY HAND--Use following procedure in place of Steps 2 and 3:

Sift dry ingredients, saving out 1 quart of flour. Place about two-thirds of the dry ingredients on top of yeast mixture. Mix slightly. Add fat or oil and beat until smooth. Add remaining ingredients and mix well. If dough is very soft and sticky, gradually add enough saved-out flour to form a soft dough. Knead on floured board until dough is smooth, satiny, and elastic.

VARIATION

1. RAISIN BREAD: Double the quantity of yeast in the recipe. Use 3 pounds 2 ounces (2-1/2 quarts) seedless raisins. Wash and drain the raisins. Follow directions for mixing the bread. Add raisins to dough just before kneading. Yield: 12 loaves, 1-1/4 pounds each.

WHITE RICE (Saucepan or stockpot method)

Breads and Cereal Products B-12

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|-------------------------|---|
| Weights | Measures | | | |
| 6 lb. 1 oz. 1 oz. | 3-1/2 qt. . 2 tbsp. ... 2 tbsp. ... | Uncooked rice.... Salt..... Fat or oil, if de- sired (reduces foaming) Boiling water | | 1. Add rice, salt, and the fat or oil to the boiling water in two saucepans or stockpots. Stir, and cover pans tightly. 2. Cook on low heat, about 15 minutes. 3. Remove from heat and let stand covered for 5 to 10 minutes. YIELD: 18 pounds 12 ounces (3 gal- lons 2 cups). |
| | 1-1/2 gal. | | | |

WHITE RICE (Oven or steamer method)

| | | | | |
|-----------------------------------|--|--|-------------------------|--|
| 6 lb. 1 oz. | 3-1/2 qt. . 2 tbsp. ... 1-1/2 gal. | Uncooked rice.... Salt..... Boiling water | | 1. Place rice and salt in 2 baking pans (about 12 by 20 by 2 inches). 2. Pour water over rice and stir to distribute evenly in the pans. 3. Cover pans tightly. 4. Bake at 350o F. (moderate) or steam at 5 pounds pressure about 35 minutes. 5. Remove from oven or steamer and let stand covered for 5 minutes. YIELD: 18 pounds 12 ounces (3 gal- lons 2 cups). |
|-----------------------------------|--|--|-------------------------|--|

PORTION: 1/2 cup for each method.

WHITE RICE--Continued

White rice: Quantity of raw rice, water and salt needed to give specified quantities of cooked rice

| Raw Rice | | + | Boiling Water | + | Salt | = | Cooked Rice | |
|------------|-------------------|---|------------------|---|-------------|---|---------------|---------------|
| Weight | Measure | | Measure | | Measure | | Weight | Measure |
| 1 lb. | 2-1/4 cups | | 1 qt. 1/2 cup | | 1 tsp. | | 3 lb. | 2 qt. |
| 2 lb. | 1 qt. 1/2 cup ... | | 2 qt. | | 2 tsp. | | 6 lb. | 1 gal. |
| 3 lb. | 1-3/4 qt. | | 3 qt. | | 1 tbsp. ... | | 9 lb. | 1-1/2 gal. |
| 4 lb. | 2-1/4 qt. | | 1 gal. | | 1-1/3 tbsp. | | 12 lb. | 2 gal. |
| 5 lb. | 2 qt. 3-1/2 cups | | 1-1/4 gal. .. | | 1-2/3 tbsp. | | 15 lb. | 2-1/2 gal. |
| 6 lb. | 3-1/2 qt. | | 1-1/2 gal. .. | | 2 tbsp. ... | | 18 lb. 12 oz. | 3 gal. 2 cups |

PARBOILED RICE (Saucepan or stockpot method)

Breads and Cereal Products B-13

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|-------------------------|---|
| Weights | Measures | | | |
| 6 lb. 1 oz. 1 oz. | 3-1/2 qt. . 2 tbsp. ... 2 tbsp. ... | Uncooked rice.... Salt..... Fat or oil, if de- sired (reduces foaming) Boiling water | | 1. Add rice, salt, and the fat or oil to the boiling water in two saucepans or stockpots. Stir and cover pans tightly. 2. Cook on low heat about 25 minutes. 3. Remove from heat and let stand covered for 5 to 10 minutes. YIELD: 18 pounds 12 ounces (3 gallons 2 cups). |
| | 1-3/4 gal. | | | |

PARBOILED RICE (Oven or steamer method)

| | | | | |
|-----------------------------------|--|--|-------------------------|--|
| 6 lb. 1 oz. | 3-1/2 qt. . 2 tbsp. ... 1-3/4 gal. | Uncooked rice.... Salt..... Boiling water | | 1. Place rice and salt in 2 baking pans (about 12 by 20 by 2 inches). 2. Pour water over rice and stir to distribute evenly in the pans. 3. Cover pans tightly. 4. Bake at 350° F. (moderate) about 35 minutes or steam at 5 pounds pressure 30 minutes. 5. Remove from oven or steamer and let stand covered for 5 minutes. YIELD: 18 pounds 12 ounces (3 gallons 2 cups). |
|-----------------------------------|--|--|-------------------------|--|

POR TION: 1/2 cup for each method.

(over)

PARBOILED RICE---Continued

Parboiled rice: Quantity of raw rice, water and salt needed to give specified quantities of cooked rice

| Raw Rice | | + | Boiling Water | + | Salt | = | Cooked Rice | |
|------------|-------------------|---|-----------------|---|-----------------|---|---------------|---------------|
| Weight | Measure | | Measure | | Measure | | Weight | Measure |
| 1 lb. | 2-1/4 cups | | 1-1/4 qt. | | 1 tsp. | | 3 lb. | 2 qt. |
| 2 lb. | 1 qt. 1/2 cup ... | | 2-1/2 qt. | | 2 tsp. | | 6 lb. | 1 gal. |
| 3 lb. | 1-3/4 qt. | | 3-1/2 qt. | | 1 tbsp. | | 9 lb. | 1-1/2 gal. |
| 4 lb. | 2-1/4 qt. | | 1 gal. 3/4 qt.. | | 1-1/3 tbsp. . . | | 12 lb. | 2 gal. |
| 5 lb. | 2 qt. 3-1/2 cups. | | 1-1/2 gal. ... | | 1-2/3 tbsp. . . | | 15 lb. | 2-1/2 gal. |
| 6 lb. | 3-1/2 qt. | | 1-3/4 gal. ... | | 2 tbsp. | | 18 lb. 12 oz. | 3 gal. 2 cups |

RICE MUFFINS

Breads and Cereal Products B-14

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-----------------------|---------------------------------|-------------------|--|
| Weights | Measures | | | |
| 4 lb. 2 oz. | 4 qt. 1/2 cup, sifted | All-purpose flour | | 1. Blend dry ingredients. |
| 1 lb. | 2 cups | Sugar..... | | |
| 6 oz. | 1 cup..... | Baking powder... | | |
| 1 oz. | 2 tbsp. | Salt | | |
| | 2-2/3 cups (13) | Eggs, beaten..... | | |
| | 1 qt. 1/4 cup | Milk..... | | 2. Combine eggs, milk, and fat or oil with dry ingredients. Stir only until dry ingredients are moist. |
| 12 oz. | 1-1/2 cups | Melted fat or oil.. | | |
| 4 lb. | 2-3/4 qt.... | Cooked rice (card B-12 or B-13) | | 3. Stir in rice. |
| | | | | 4. Portion batter with a No. 16 scoop (1/4 cup) into greased muffin pans. |
| | | | | 5. Bake at 425° F. (hot) 15 minutes or until brown. |

PORTION: 1 muffin.

FRENCH BREAD

Breads and Cereal Products B-15

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------------|---------------------------|---------------------|-----------------------|--|
| Weights | Measures | | | |
| | 10 cakes... | Compressed yeast | | Mixer Method (To mix by hand see note, card B-11.) 1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes. |
| | <u>or</u> 10 packages | Active dry yeast.. | | |
| | 3 qt. 1/2 cup | Lukewarm water.. | | |
| About 11 lb. 4 oz. | About 11- 1/4 qt., sifted | All-purpose flour | | 2. Sift dry ingredients, saving out 1 quart of flour. Add fat or oil and dry ingredients to the yeast mixture. |
| 6 oz. | 3/4 cup ... | Sugar..... | | 3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough. |
| 2 oz. | 1/4 cup ... | Salt | | 4. Form dough into a smooth ball. Place in a greased bowl and turn dough to grease top. |
| 5 oz. | 2/3 cup ... | Melted fat or oil.. | | 5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours). |

FRENCH BREAD--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------|-----------------------------|--------------------|---|
| Weights | Measures | | | |
| | | | | <p>6. Punch down. Cut into 10 portions (1 pound 13 ounces). Cover and let rest on table top for about 10 minutes.</p> <p>7. Roll each piece of dough into a 12- by 15-inch rectangle. Roll dough up tightly as for jelly roll; seal well. Place on greased sheet pans.</p> <p>8. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).</p> <p>9. Mix egg white and water.</p> <p>10. Using scissors, cut a slit in each loaf every 2-1/2 inches. Brush each loaf with egg white mixture.</p> <p>11. Bake at 400° F. (hot) 25 minutes.</p> <p>12. Slice in 10 pieces (half-way through the loaf), brush each slice with melted butter. Reheat loaf in oven at 400° F. (hot) for 10 minutes. Serve hot.</p> |
| | 1/4 cup (2) | Egg whites, slightly beaten | | |
| | 2 tbsp. | Water..... | | |

YIELD: 10 loaves, 1 pound 9 ounces each.
 PORTION: 1 slice.

YIELD: 6 loaves, 2 1/2 pounds
 PORTION: 2 slices.

FRUIT-NUT BREAD

Breads and Cereal Products B-16

| 100 Portions | | Ingredients | For — Portions | Directions |
|---|---|--|---|--|
| Weights | Measures | | | |
| 1 lb. 1 lb. | 3 cups 3 cups 1-1/2 qt. . | Dried apricots.... Raisins..... Hot water..... | | 1. Soak apricots and raisins in hot water for 30 minutes. Drain and save liquid for later use. Chop fruit fine in food chopper. |
| | 1 tbsp. ... 1-1/2 cups | Grated orange rind Orange juice | | 2. Add orange rind, juice, and drained liquid to chopped fruit. |
| 2 lb. 4 oz. 6 oz. | 1 qt. 1/2 cup 3/4 cup... 1 cup (5) .. | Sugar..... Shortening | | 3. Stir sugar, shortening, and eggs into the fruit mixture. Blend thoroughly. |
| 3 lb. 12 oz. 3 oz. 1 lb. | 3-3/4 qt., sifted 1-1/2 tsp. 1/2 cup... 2 tbsp. ... 1 qt. | All-purpose flour Salt | | 4. Sift together the flour, salt, baking powder, and soda. Combine with the fruit mixture. 5. Add nuts and blend well. 6. Pour into 6 greased loaf pans (about 4 by 10 by 4 inches), 1 quart or 2 pounds 5 ounces per pan. 7. Bake at 350°F. (moderate) for 1 hour. |

YIELD: 6 loaves, 2 pounds 3 ounces each.
PORTION: 2 slices.

HAMBURGER ROLLS--Continued

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|----------|-------------|-------------------|---|
| Weights | Measures | | | |
| | | | | <p>6. Punch down. Divide dough into 2-ounce balls. Roll or shape into flat rolls 3 inches in diameter. (See note.)</p> <p>7. Place on greased sheet pans and let rise in a warm place (about 85° F.) until almost doubled in volume (about 30 minutes).</p> <p>8. Bake at 400° F. (hot) 12 minutes.</p> |

PORTION: 1 roll.

Note: Rolls may be placed on greased sheet pan and shaped by placing another sheet pan on top to flatten. Remove top pan and place rolls in warm place to rise.

TO THAW

Thaw 10-pound cans of fruit at room temperature for 16 to 22 hours, or in a refrigerator for 36 hours. For 30-pound cans, allow 30 hours at room temperature or 60 hours in a refrigerator.

TO PREPARE FRUITS FOR DESSERT

- 1. Drain juice from the thawed fruit.
- 2. Add no sugar if fruit is packed in heavy sirup. Add 1 pound 6 ounces of sugar to the juice from each 10 pounds of fruit if not packed in heavy sirup.
- 3. Heat the juice to boiling. Add fruit and reheat to boiling. Cook only enough to heat the fruit and prevent discoloration (see timetable below).

Time table for cooking frozen fruits

| Fruit | | Cooking time for 10-pound lots |
|--|--|--------------------------------|
| Apple slices, peach halves, peach slices, rhubarb | | 2 minutes |
| Apricots | | 3 minutes |
| Blackberries, blueberries, cherries | | 1 minute |

THAWING AND PREPARING FROZEN FRUITS--Continued

TO PREPARE FRUIT FILLINGS FOR PIES AND COBBLERS

1. Use any recipe for pie or cobbler made with fresh or canned fruit, making allowance for sugar in which frozen fruit is packed.
2. Drain juice from the thawed fruit.
3. To the fruit juice add sugar which has been mixed with the thickening agent (cornstarch, flour, or tapioca).
4. Heat, stirring constantly, until juice thickens and starch is cooked (about 15 minutes).
5. Remove from the heat. Pour over drained fruit.

APPLE CRISP

Fruits and Other Desserts C-2

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|---|--|-------------------------|--|
| Weights | Measures | | | |
| 16 lb. | 3 gal. 2-1/2 qt. 1/3 cup .. 2 cups | Sliced pared apples Lemon juice..... Water | | 1. Arrange apples in 4 greased pans (about 12 by 20 by 2 inches). 2. Blend lemon juice and water; pour over apples. |
| 6 lb. | 3 qt. 1-3/4 cups, packed 1 qt. 1-1/2 qt., sifted | Brown sugar | | 3. For the topping, combine sugar, dry milk, flour, oats, cinnamon, and salt. Work in the fat to form a crumbly mixture. |
| 1 lb. 1 lb. 8 oz. . | 3 cups ... | Nonfat dry milk... All-purpose flour | | 4. Cover apples with topping and pat down firmly. |
| 12 oz. | 2-2/3 tbsps 2 tsp 1-1/4 qt.. | Rolled oats | | 5. Bake at 350° F. (moderate) 30 to 40 minutes or until apples are tender. |
| 2 lb., 8 oz. | | Cinnamon Salt Butter or margarine | | |

PORTION: About 1/3 cup--provides 1/4 cup fruit.

VARIATION

- CHEESE-APPLE CRISP: Mix 3 pounds 2 ounces (3 quarts 1/2 cup) grated cheese with the topping ingredients; decrease butter or margarine to 2 pounds (1 quart). One portion provides 1/4 cup fruit.



APPLE PIE WITH HONEY

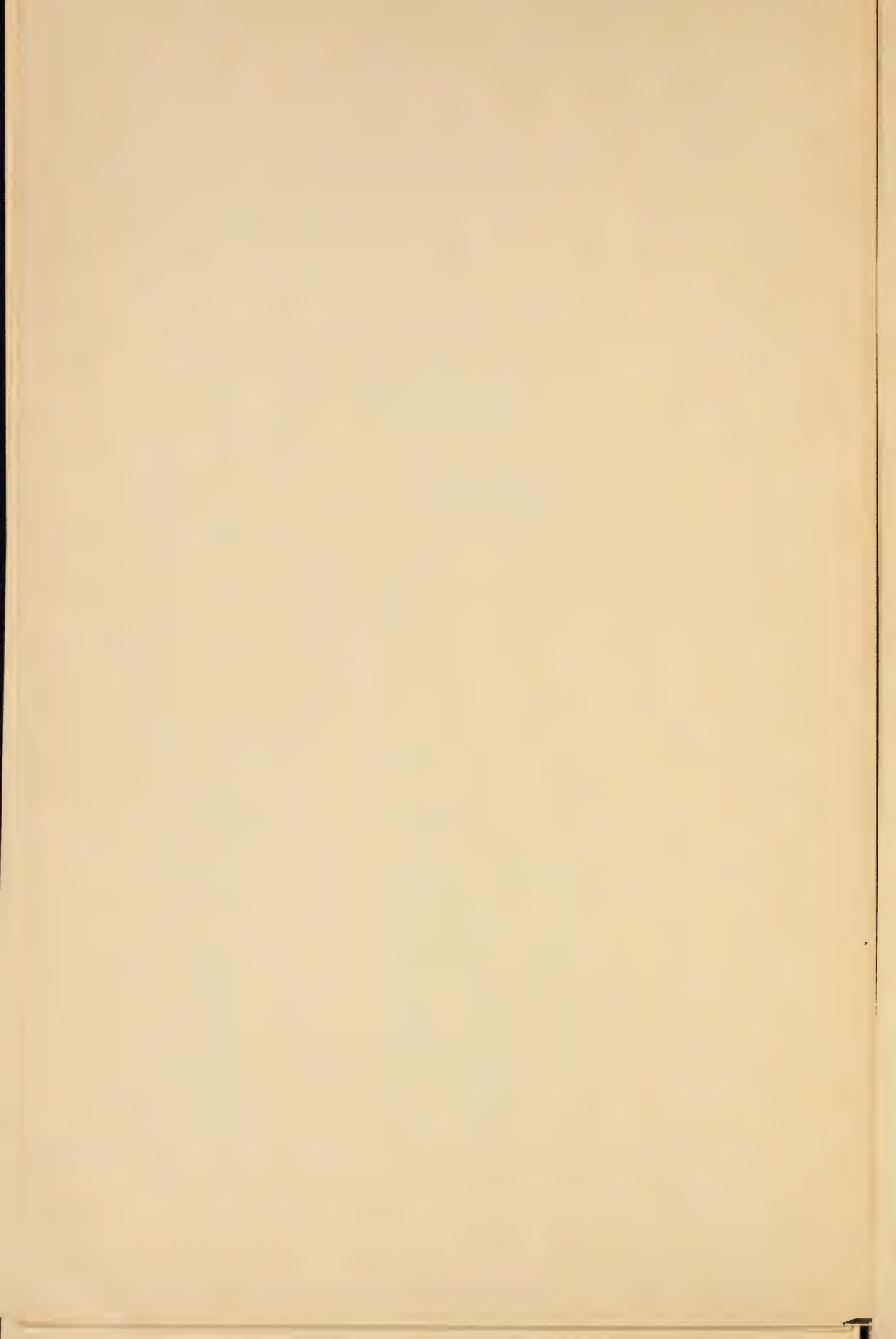
Fruits and Other Desserts C-3

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|--|---|----------------------------------|---|
| Weights | Measures | | | |
| 3 lb. 12 oz. | 1-1/2 qt. . . 3 cups, sifted | Sugar. All-purpose flour. | | 1. Mix sugar, flour, cinnamon, nutmeg, salt, and apples together in a bowl. |
| 24 lb. 6 oz. | 2-1/2 tbsp. 1-1/3 tbsp. 1-1/2 tsp. . 5-1/2 gal. . | Cinnamon Nutmeg. Salt Sliced pared tart apples | | |
| 1 lb. 2 oz. 2 oz. | 1-1/2 cups 1/4 cup ... | Honey Melted butter or margarine Pastry for 15 double crust pies (card C-20) | | 2. Combine honey and fat with the apple mixture. 3. Pour mixture into 9-inch pie shells, 1-1/2 quarts or 1 pound 14 ounces per pie. Cover with top crust, sealing well on edges. 4. Bake at 400° F. (hot) 1 hour. |

PORTION: 1/7 pie--provides about 1/3 cup fruit.

VARIATIONS

- 1. PLUM PIE: Use Italian or prune plums in place of apples. One portion provides about 1/3 cup fruit.
- 2. FRENCH-APPLE PIE: Use only 20 pounds (4-1/2 gallons) of sliced apples and add 4 pounds 6 ounces (3-1/4 quarts) of raisins. One portion provides about 1/2 cup fruit.



BAKED CUSTARD

Fruits and Other Desserts (protein-rich)C-4

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------------|----------------|----------------------|--|
| Weights | Measures | | | |
| | 2-1/2 qt. (50) | Eggs | | 1. Beat together the eggs, sugar, salt, and vanilla. |
| 2 lb. 4 oz. | 1 qt. 1/2 cup | Sugar | | 2. Pour hot milk into egg mixture and mix well. |
| 1/2 oz..... | 1 tbsp..... | Salt..... | | 3. Pour 1/2 cup custard mixture into each baking cup, or pour mixture into 4 baking pans (about 12 by 20 by 2 inches), about 3 quarts per pan. Set in pans of hot water. |
| 2 oz..... | 1/4 cup... . | Vanilla..... | | 4. Bake at 350° F. (moderate) 25 to 35 minutes or until custard is set. |
| | 2-1/4 gal. | Hot milk | | |

PORTION: 1/2 cup--provides 1/2 egg.

VARIATIONS

- CARAMEL CUSTARD: Melt 1 pound of the sugar in a heavy fry pan until golden brown, and add to the hot milk. One portion provides 1/2 egg.
- CHOCOLATE CUSTARD: Add 12 ounces cocoa to sugar. One portion provides 1/2 egg.



BAKED RICE CUSTARD

Fruits and Other Desserts (protein-rich) C-5

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|---------------|-----------------------|------------------------------------|-------------------------|---|
| Weights | Measures | | | |
| | 2-1/2 qt. ... (50) | Eggs..... | | 1. Beat eggs; add sugar, salt, and cinnamon. Blend. |
| 2 lb. 4 oz. . | 1 qt. 1/2 cup | Sugar..... | | |
| 1/2 oz. | 1 tbsp. | Salt..... | | |
| | 1-1/3 tbsp. . | Cinnamon..... | | |
| | 1 gal. 3-1/2 qt. | Hot milk | | 2. Pour hot milk into the egg mixture, then combine all ingredients. |
| | 2 tbsp..... | Vanilla..... | | 3. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 3 quarts per pan. Set in pans of hot water. |
| 3 lb. | 2 qt. | Cooked rice (card B-12 or B-13) | | 4. Bake at 350° F. (moderate) about 35 minutes or until custard is set. |
| 1 lb. 4 oz. | 1 qt. | Raisins | | |

PORTION: 1/2 cup--provides 1/2 egg.



BREAD PUDDING

Fruits and Other Desserts C-6

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------|---------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| | 1-1/4 qt. (25) | Eggs | | 1. Beat eggs. Add the sugar, salt, and vanilla. Blend. |
| 2 lb..... | 1 qt..... | Sugar..... | | |
| 2 oz..... | 1/4 cup... | Salt | | |
| 4 oz..... | 1/2 cup... | Vanilla | | |
| 4 oz..... | 1/2 cup... | Butter or margarine. Hot milk..... | | 2. Add the fat to hot milk. Pour milk into egg mixture. |
| | 2-1/2 gal. | Raisins | | 3. Add the raisins. |
| 2 lb. 8 oz. | 2 qt | | | |
| | 2-1/4 gal. | Bread cubes | | 4. Place bread cubes in 4 greased baking pans (about 12 by 20 by 2 inches). Pour custard mixture over bread, 3-1/4 quarts or about 7 pounds 2 ounces per pan. |
| | | | | 5. Bake at 325° F. (moderate) 40 minutes or until set. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

BREAD PUDDING--Continued

VARIATIONS

1. CHOCOLATE BREAD PUDDING: Use 12 ounces (3 cups) cocoa, or 1 pound 2 ounces melted chocolate, and add 8 ounces (1 cup) of sugar.
2. CARAMEL BREAD PUDDING: Heat 1 pound (2 cups) of the sugar in a heavy fry pan, stirring constantly, until melted and golden brown. Add to the hot milk mixture.

BROWNIES

Fruits and Other Desserts C-7

BROWNIE MIX

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|--------------------|-----------------------|--|
| Weights | Measures | | | |
| 2 lb..... | 2 qt., sifted | All-purpose flour | | 1. Sift ingredients together three times or blend 5 minutes in mixer on low speed, using the whip. 2. Store in a tightly covered container in a cool place until needed. YIELD: 7 pounds 5 ounces (1 gallon 3/4 quart). |
| 12 oz..... | 3 cups..... | Nonfat dry milk .. | | |
| 4 lb. | 2 qt. | Sugar..... | | |
| 8 oz. | 2 cups..... | Cocoa | | |
| 1 oz. | 3 tbsp. ... | Baking powder .. | | |
| 1 oz..... | 2 tbsp. ... | Salt | | |

| BROWNIES (using brownie mix) | | | | |
|------------------------------|------------------------|----------------------------|-------|--|
| 7 lb. 5 oz. | 1 gal. 3/4 qt., sifted | Brownie mix | | 3. To brownie mix add water, vanilla, fat, and eggs. Beat to blend. |
| | 3 cups..... | Water | | |
| 1 oz. | 2 tbsp. | Vanilla | | |
| 1 lb. 8oz. . | 3 cups..... | Melted butter or margarine | | |
| | 2-1/2 cups (12) | Eggs, beaten..... | | |
| 1 lb. | | Chopped nuts or raisins | | |
| | | | | 4. Mix in nuts or raisins. 5. Bake in 2 greased sheet pans (about 15 by 24 by 1 inch) at 350° F. (moderate) about 30 minutes. |

PORTION: 1 piece, 2-1/4 by 3 inches.
 (over)

BROWNIES--Continued

VARIATION

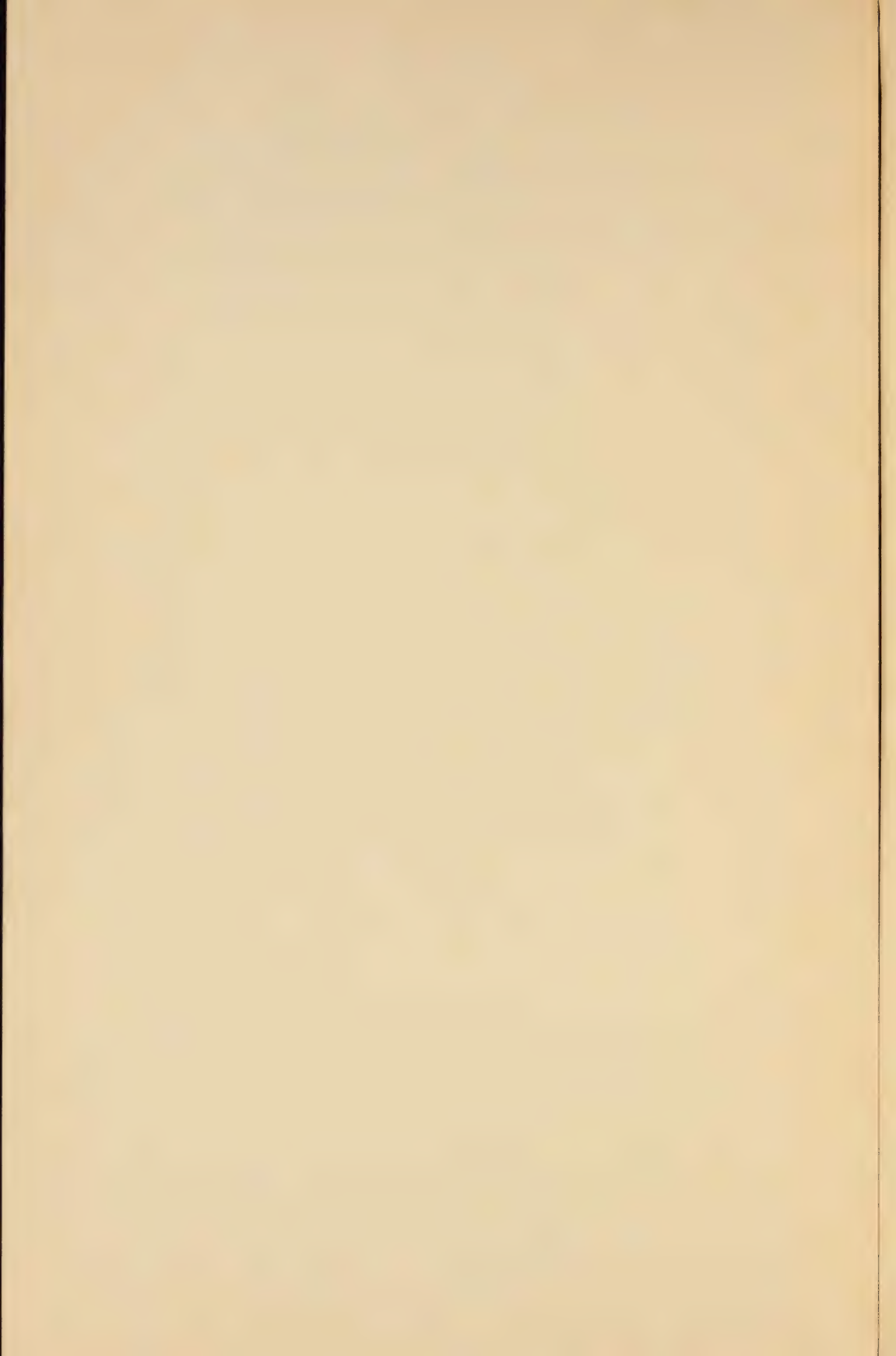
1. CHOCOLATE COOKIES: Reduce water to 1/2 cup. Portion with a No. 40 scoop (1-3/5 table-spoons). Bake at 375° F. (moderate) 12 minutes. Portion: 2 cookies.

BUTTERSCOTCH ICING

Fruits and Other Desserts C-8

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|-------------------|----------------------|-------------------------|--|
| Weights | Measures | | | |
| 2 lb. 10 oz. | 1-1/2 qt., packed | Brown sugar | | 1. Combine brown sugar and fat in a heavy saucepan. Cook until brown sugar is melted, stirring constantly. |
| 8 oz. | 1 cup | Butter or margarine | | |
| | 2 cups | Milk | | 2. Remove from heat and add milk, stirring constantly. 3. Return to heat and boil 3 minutes. Cool about 15 minutes. |
| 2 lb. 10 oz. | 2-1/2 qt., sifted | Confectioner's sugar | | 4. Beat in confectioner's sugar. If icing is too thick use milk to thin to spreading consistency. |

YIELD: 2 quarts.



CHERRY COBLER

Fruits and Other Desserts C-9

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------------------|---------------------------------|---|-----------------------|---|
| Weights | Measures | | | |
| 6 lb. 12 oz. | 3 qt. 3 cups, sifted | Sugar..... All-purpose flour | | 1. Mix dry ingredients and stir into cherry liquid. Cook until thickened, stirring constantly. |
| | 2 tbsp. .. 1 gal. ... | Cinnamon..... Hot cherry liquid .. | | |
| 18 lb. 12 oz. | 3 gal. 1/2 qt. | Drained cherries .. | | |
| | | Drop biscuit dough (card B-1) Pastry (card C-20, or recipe for 15 single crusts) | | 2. Add cherries to the sauce. Pour in- to 4 baking pans (about 12 by 20 by 2 inches), about 3-1/2 quarts or 8 pounds per pan. |
| | | | | 3. Top with drop biscuits or cover with pastry. Portion biscuit dough with a No. 24 scoop (2-2/3 table- spoons) rounded. 4. Bake at 375° F. (moderate) about 35 minutes. |

PORTION: 1/2 cup plus biscuit--provides 1/2 cup fruit.

VARIATIONS

- 1. BLUEBERRY OR PEACH COBLER: Use 3 gallons 1/2 quart blueberries or sliced peaches in place of cherries. Lemon juice may be used in place of cinnamon. One portion provides 1/2 cup fruit.
- 2. PLUM COBLER: Use 3 gallons 1/2 quart prune plums in place of cherries. One portion provides 1/2 cup fruit.



CHOCOLATE CAKE (with potatoes)

Fruits and Other Desserts C-10

| 100 Portions | | Ingredients | For— Portions | Directions |
|---|---|--|-------------------------|--|
| Weights | Measures | | | |
| 2 lb. 8 oz. | 1-1/4 qt. . . | Butter or margarine | | 1. Cream the fat, sugar, salt, and vanilla. |
| 4 lb. 3/4 oz. | 2 qt. 1-1/2 tbsp. 2 tbsp. | Sugar Salt Vanilla | | |
| 6 lb. | 3 qt. | Mashed potatoes.. | | 2. Add lukewarm potatoes; cream until smooth. |
| | 3-1/4 cups (16) | Eggs | | 3. Blend in eggs. |
| 2 lb. 8 oz. | 2-1/2 qt., sifted | All-purpose flour | | 4. Sift flour, cocoa, and baking powder. Add alternately with milk to the potato mixture; mix only until smooth. (Batter is very thick.) |
| 10 oz. 5 oz. | 2-1/2 cups 1 cup less 2 tbsp. | Cocoa Baking powder... | | 5. Spread in 2 sheet pans (about 15 by 24 by 1 inch). |
| | 1 cup..... | Milk | | 6. Bake at 350° F. (moderate) about 35 minutes. |

PORTION: 1 piece, 2-1/4 by 3 inches.



CORNSTARCH PUDDING

Fruits and Other Desserts C-11

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|-----------------------|-----------------------|---|
| Weights | Measures | | | |
| 1 lb. 5 oz. | 1 qt. 2/3 cup | Cornstarch | | 1. Blend cornstarch, sugar, and salt with the water. |
| 2 lb. 8 oz. | 1-1/4 qt. . | Sugar | | |
| 1/2 oz. | 1 tbsp. | Salt | | |
| | 1 qt. 1/2 cup | Water | | |
| | 2 gal. 2-1/2 qt. | Milk..... | | 2. Heat milk over hot water, add cornstarch mixture, and cook until thickened, stirring constantly. |
| | | | | 3. Cover and continue cooking 25 minutes, stirring occasionally. Remove from heat. |
| | 2-3/4 cups (14) | Eggs, slightly beaten | | 4. Beat about 1 quart of hot mixture into the eggs. Blend slowly into remaining hot mixture. |
| 3 oz. | 1/3 cup.... | Vanilla | | 5. Cook over hot water about 5 minutes, continuing to stir. Remove from heat. Blend in vanilla. |
| | | | | 6. Cool quickly, stirring occasionally. |

PORTION: 1/2 cup.

(over)

CORNSTARCH PUDDING---Continued

VARIATIONS

1. TAPIOCA PUDDING: Use 2 pounds of granulated tapioca in place of cornstarch.
2. COCONUT PUDDING: Add 1 pound 4 ounces (1 quart 2-1/2 cups) shredded coconut after cooking.
3. CHOCOLATE PUDDING: Add 12 ounces melted chocolate.

CREAM PIE

Fruits and Other Desserts C-12

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|--|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. 5 oz. | 1 qt. 2/3 cup | Cornstarch..... | | 1. Blend cornstarch, sugar, and salt with water. |
| 2 lb. 8 oz. | 1-1/4 qt... | Sugar..... | | |
| 1/2 oz. ... | 1 tbsp..... | Salt | | |
| | 1 qt. 1/2 cup | Water | | |
| | 2 gal. 2-1/2 qt. | Milk | | 2. Heat milk over hot water, add cornstarch mixture and cook until thickened, stirring constantly. |
| | | | | 3. Cover and continue cooking 25 minutes, stirring occasionally. |
| | 2-1/3 cups (28) | Egg yolks, slightly beaten | | 4. Remove from heat and beat about 1 quart of hot mixture into the egg yolks. Blend slowly into remaining hot mixture. |
| | | | | 5. Cook over hot water about 5 minutes, continuing to stir. Remove from heat. |
| 3 oz. | 1/3 cup ... | Vanilla | | 6. Blend in vanilla. |
| | 15..... | Baked 9-inch pastry shells (card C-20) | | 7. Pour mixture into baked pastry shells, 3 cups per pie. Cool. |
| | | Meringue (card C-17) | | 8. Top with meringue. Bake at 350° F. (moderate) 12 minutes or until meringue is firm and brown. |

PORTION: 1/7 pie.

(over)

CREAM PIE --Continued

VARIATIONS

1. COCONUT CREAM PIE: Add 1 pound (1-1/4 quarts) shredded coconut to filling.
2. BANANA CREAM PIE: Slice 1 medium-sized banana in each baked shell before adding filling.
3. CHOCOLATE CREAM PIE: Add 12 ounces melted chocolate to filling.

DATE-PEANUT BUTTER PUDDING

Fruits and Other Desserts (protein-rich) C-13

| 100 Portions | | Ingredients | For Portions | Directions |
|--|--|---|---|--|
| Weights | Measures | | | |
| 5 lb. 8 oz. | 2 qt. | Pitted dates, ground, Water | | 1. Cook dates in the water until soft. |
| 2 lb. 4 oz. | 1-1/2 qt.. 1-1/2 qt.. | Lemon-flavored gelatin. Boiling water.... | | 2. Dissolve gelatin in boiling water. Cool. |
| 7 lb. 2 oz. 1/2 oz. 9 lb. | 3 qt. 1/2 cup 3 qt. 1 tbsp. ... 3/4 cup.. 1 gal. 1 cup | Peanut butter.... Evaporated milk.. Salt Lemon juice Diced orange sections | | 3. Blend the peanut butter and cooked dates. Gradually add the milk. 4. Combine with the dissolved gelatin, salt, lemon juice, and diced oranges. 5. Turn into pans and chill. |

PORTION: 2/3 cup--provides 2 tablespoons peanut butter and 1/4 cup fruit.

VARIATION

1. PRUNE-PEANUT BUTTER PUDDING: Use 6 pounds (3 quarts) ground cooked prunes in place of dates. One portion provides 2 tablespoons peanut butter and 1/4 cup fruit.

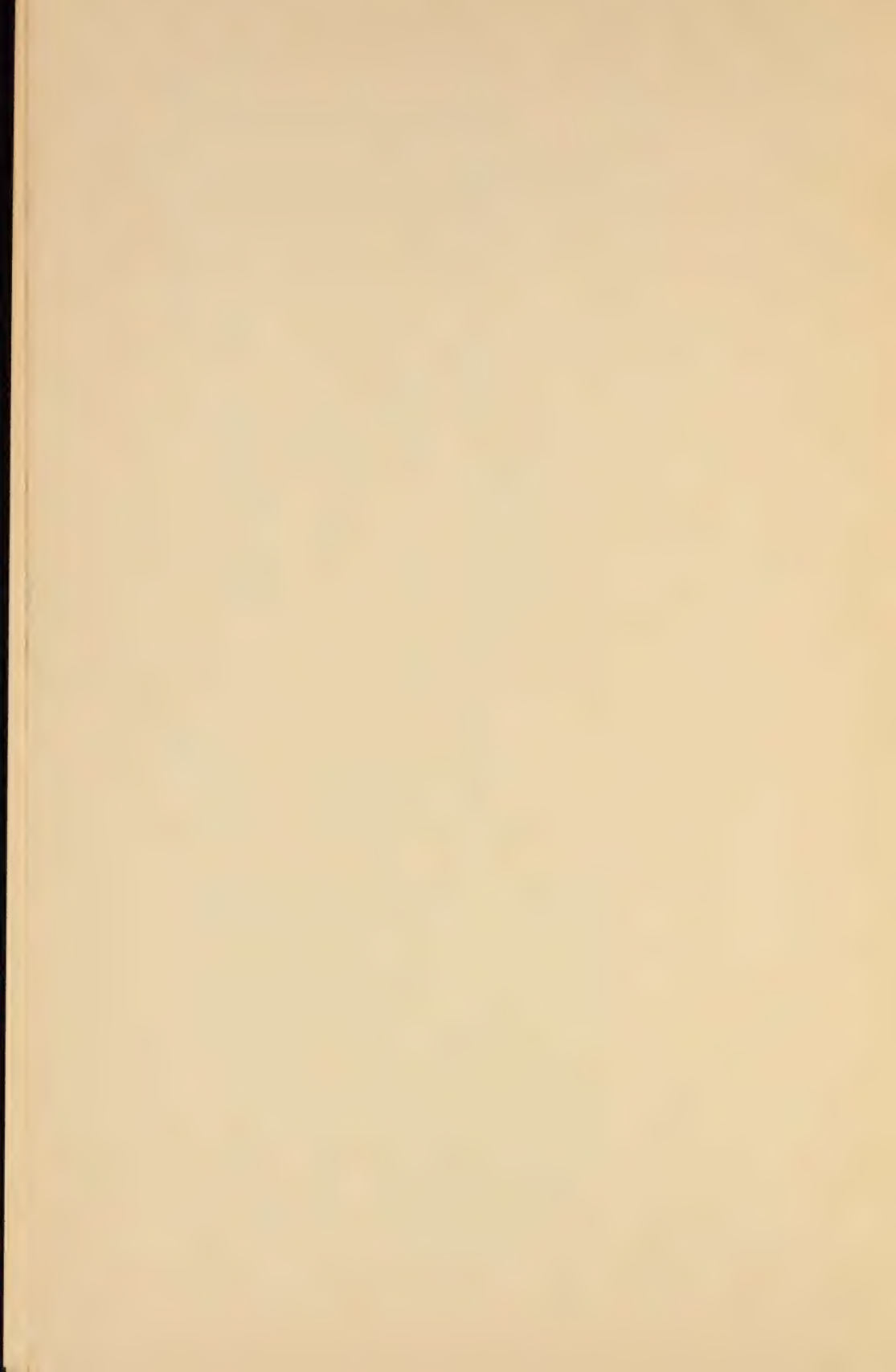


DRIED FRUIT CONFECTION

Fruits and Other Desserts C-14

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-----------------|---|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. 8 oz. | About 1-1/2 qt. | Dried figs or apricots or a combination | | 1. Snip off stems of figs. Wash the fruit, grind together, using fine grinder. |
| 1 lb.4 oz... | 1 qt. | Seedless raisins.. | | 2. Combine all ingredients, mixing thoroughly. |
| 8 oz. | 2 cups..... | Chopped nuts | | 3. Press into 2 greased pans (about 8 by 12 by 2 inches) and chill, preferably overnight. |
| | 1 tsp. | Salt | | |
| 8 oz. | 1 cup | Sugar | | |
| | | Coconut, graham cracker crumbs, or cornflakes | | 4. Cut in 100 pieces and roll each piece in coconut, fine graham cracker crumbs, or crushed cornflakes. |

PORTION: 1 piece (3/4 ounce).



FRUIT BETTY

Fruits and Other Desserts C-15

| 100 Portions | | Ingredients | For — Portions | Directions |
|-----------------------------------|--|---|-------------------------|---|
| Weights | Measures | | | |
| 3 lb..... 1-1/4 oz | 1-1/2 qt.... 1/3 cup ... 1-1/3 tbsp. | Sugar..... Cinnamon..... Salt | | 1. Mix sugar, cinnamon, and salt together. |
| 18 lb..... | | Sliced apples, peaches, apri- cots, or blue- berries Dry coarse bread crumbs | | 2. Place a layer of fruit in each of 4 greased baking pans (about 12 by 20 by 2 inches). Sprinkle with the sugar mixture, and add a layer of crumbs. Repeat until all ingredients are used. |
| 10 lb..... | 2-1/2 gal.. | | | |
| 1 lb. 8 oz . | 3 cups | Melted butter or margarine | | 3. Pour the fat over the top. Add 1-1/2 cups of water to each pan. |
| | 1-1/2 qt... | Water | | 4. Bake at 350° F. (moderate) 45 minutes to 1 hour. 5. Serve with cream or a sweet sauce. |

PORTION: 1/2 cup--provides about 1/4 cup fruit.



GINGERBREAD

Fruits and Other Desserts C-16

GINGERBREAD MIX

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|-------------------|-----------------------|---|
| Weights | Measures | | | |
| 5 lb. | 5 qt., sifted | All-purpose flour | | <ol style="list-style-type: none"> Sift ingredients together 3 times or blend 5 minutes in mixer on low speed, using the whip. Store in a tightly covered container in a cool place until needed. <p>YIELD: 7 pounds (1-1/4 gallons).</p> |
| | 2-2/3 tbsp. | Soda..... | | |
| | 1-1/3 tbsp. | Baking powder .. | | |
| 1/2 oz. ... | 1 tbsp. ... | Salt | | |
| 2 lb. | 1 qt. | Sugar | | |
| 3/4 oz. . . | 1/4 cup... | Ginger | | |
| | 1-1/3 tbsp. | Cinnamon..... | | |
| | 1 tsp. | Cloves..... | | |

(over)

GINGERBREAD--Continued

GINGERBREAD (using gingerbread mix)

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|------------------------------------|--|--|-------------------------|---|
| Weights | Measures | | | |
| 7 lb. 2 lb. | 1-1/4 gal. 1 qt. | Gingerbread mix Shortening..... | | 3. Cut or rub shortening into gingerbread mix. |
| 5 lb. 10 oz. | 2-1/2 cups (12) 2 qt. 1 qt. | Eggs, beaten ... Molasses Buttermilk | | 4. Combine eggs, molasses, and buttermilk and add one half to the dry ingredients. Beat until thoroughly blended, 2 minutes on me- dium speed. 5. Add remaining liquid and beat 2 minutes longer. 6. Pour batter into 4 greased baking pans (about 12 by 20 by 2 inches), about 2 quarts or 4 pounds 7 ounces per pan. 7. Bake at 350°F. (moderate) about 30 minutes. |

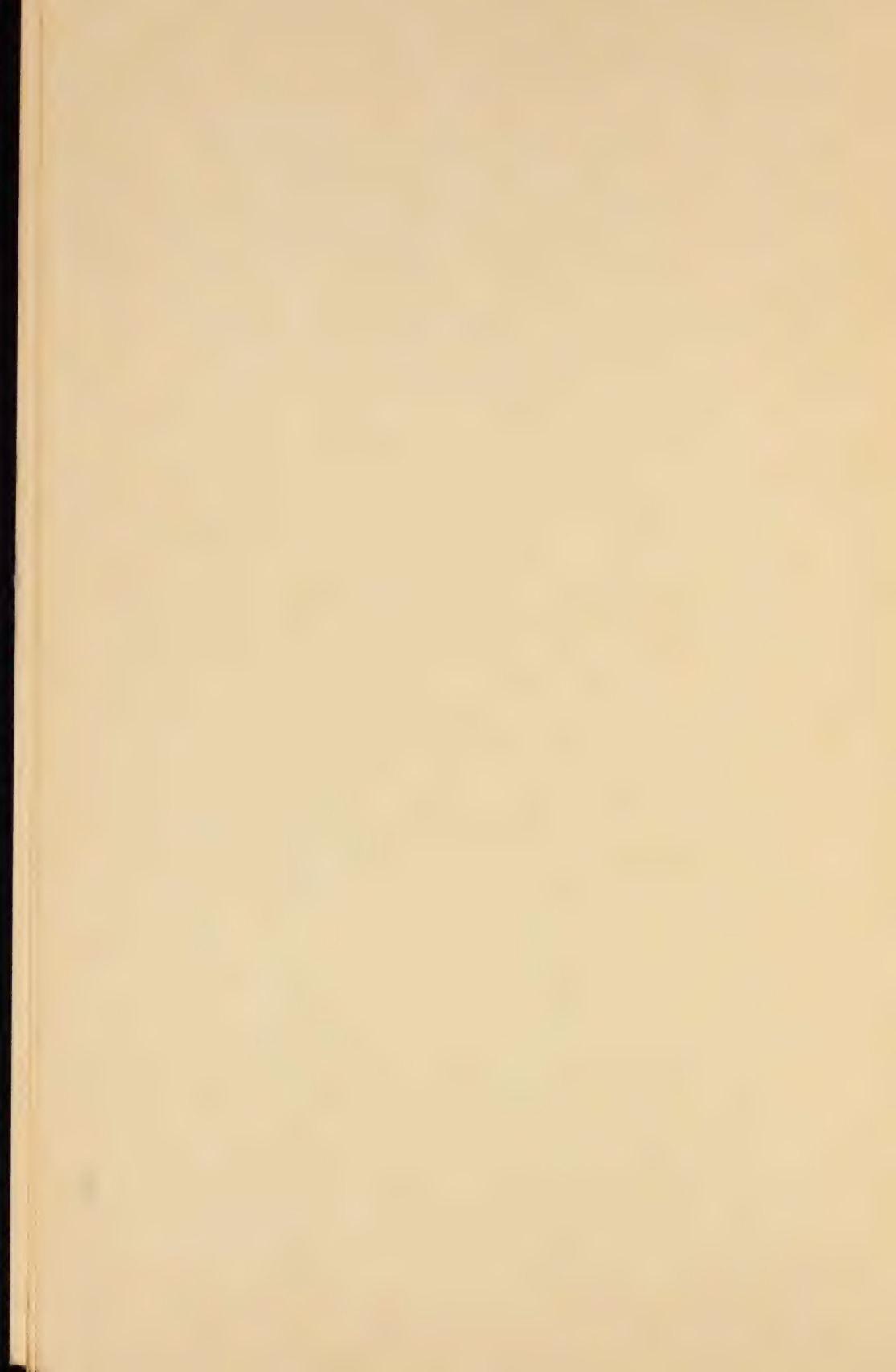
PORION: 1 piece, 2-3/4 by 2-3/4 inches.

MERINGUE FOR PIE

Fruits and Other Desserts C-17

| 100 Portions | | Ingredients | For Portions | Directions |
|--------------|--------------------|------------------|-----------------|---|
| Weights | Measures | | | |
| | 3-1/2 cups (28) | Egg whites | | 1. Beat egg whites and salt in mixer on medium speed or with a fine wire whip until whites are stiff but not dry. |
| | 1/2 tsp. | Salt..... | | |
| 1 lb.12 oz.. | 3-1/2 cups | Sugar | | 2. Gradually add sugar, beating until well blended. |

YIELD: Meringue for 15 9-inch pies.



ORANGE-COCONUT CUSTARD

Fruits and Other Desserts (protein-rich) C-19

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-----------------------|---------------------------|-----------------------|---|
| Weights | Measures | | | |
| 7 oz. | 1-1/3 cups . | Unflavored gelatin | | 1. Soak gelatin in cold milk. |
| | 1 qt. | Cold milk..... | | |
| | 1 qt. 2-1/2 cups (32) | Eggs | | 2. Beat eggs, cornstarch, and sugar until well blended. |
| 4 oz. | 1 cup less 2 tbsps. | Cornstarch | | |
| 8 lb. | 1 gal. | Sugar | | 3. Gradually add hot milk to egg mixture. Cook in a double boiler, stirring constantly until thickened. |
| | 2 gal. | Hot milk | | |
| 2 lb. 4 oz. | 1 qt. 1/2 cup | Cottage cheese ... | | 4. Add gelatin to hot custard, stirring until gelatin is dissolved. Cool. |
| | 1 cup..... | Lemon juice | | |
| | 1-2/3 tbsps. | Grated orange rind | | 5. Beat cottage cheese, lemon juice, orange rind, vanilla, and coconut until well blended. Fold into custard and mix well. Pour into pans to set. |
| | 1/4 cup..... | Vanilla | | |
| 12 oz. | 1 qt. | Shredded coconut, chopped | | 6. Chill. Garnish with toasted coconut or cherries, if desired. |

PORTION: About 1/2 cup--provides the equivalent of 1 ounce protein-rich food.



| 100 Portions | | Ingredients | For — Portions | Directions |
|---|---|---------------------------------|----------------------------------|---|
| Weights | Measures | | | |
| 15 SINGLE CRUSTS | | | | |
| 3 lb. 3/4 oz. ... | 3 qt., sifted 1-1/2 tbsp. | All-purpose flour Salt | | 1. Sift flour and salt together or blend in mixer. |
| 2 lb. 4 oz. | 1 qt. 1/2 cup | Shortening | | 2. Cut or rub in shortening until mixture is granular. |
| | 2 cups..... | Cold water | | 3. Add water and mix. 4. Roll out on lightly floured board, using about 7 ounces of dough per shell. 5. Line 9-inch pie pans with pastry. 6. Bake pastry shells at 400° F. (hot) 15 minutes. |
| 15 DOUBLE CRUSTS | | | | |
| 6 lb. 1-1/2 oz. 4 lb. 8 oz. | 6 qt., sifted 3 tbsp. 2-1/4 qt. .. 1 qt. | All-purpose flour Salt | | 1. Prepare as above. 2. Bake as required for pie filling. |

PEACH-RICE CREAM

Fruits and Other Desserts C-21

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|---|-----------------------|--|
| Weights | Measures | | | |
| | 2 qt..... | Chilled heavy cream or evaporated milk | | 1. Chill bowl and beater. Whip cream or evaporated milk until stiff. |
| 8 lb. | 1 gal..... | Diced canned peaches, well drained | | 2. Combine with peaches, sug- ar, rice, and vanilla. |
| 4 lb. | 2 qt. | Sugar..... | | 3. Chill thoroughly before serving. |
| 9 lb. | 1-1/2 gal. | Cold cooked rice (card B-12 or B-13) | | |
| | 3 tbsp..... | Vanilla | | |

PORTION: 1/2 cup (4 ounces).

VARIATION

- 1. PINEAPPLE-RICE CREAM: Use 8 pounds (3-1/2 quarts) drained canned crushed pineapple in place of peaches.

PEANUT BUTTER-RAISIN COOKIES

Fruits and Other Desserts (protein-rich) C-22

| 100 Portions | | Ingredients | For — Portions | Directions |
|---|---|--|--|---|
| Weights | Measures | | | |
| 1 lb. 4 oz. | 1-1/4 qt., sifted 2 tsp. 1 tsp. 2 tsp. 1-1/3 tbsp. 2 tsp. | All-purpose flour Ginger Cloves Cinnamon..... Baking soda Salt | | 1. Sift together the flour, ginger, cloves, cinnamon, soda, and salt. |
| 8 oz. 5 lb. 5 oz. | 1 cup 2-1/4 qt. | Shortening Peanut butter | | |
| 2 lb. 4 oz. | 1-1/4 qt., packed | Brown sugar | | 2. Cream shortening and peanut butter until smooth. |
| 1 lb. 8 oz. | 2-2/3 cups (13) 1 cup..... 1-1/4 qt.... 1-1/3 tbsp. | Eggs Milk Chopped raisins .. Vanilla | | 3. Add brown sugar gradually and mix well. |
| | | | | 4. Beat in the eggs and milk. |
| | | | | 5. Stir in the sifted dry ingredients. |
| | | | | 6. Add raisins and vanilla. |
| | | | | 7. Using a No. 40 scoop (1-3/5 table- spoons), place on ungreased baking sheets. Press each cookie flat with a fork. |
| | | | | 8. Bake at 350° F. (moderate) 10 min- utes. |

PORTION: 2 cookies--provide the equivalent of 1 ounce protein-rich food.

PINEAPPLE UPSIDE-DOWN CAKE

Fruits and Other Desserts C-23

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------------------|-------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 1 lb. 4 oz. | 2-1/2 cups | Melted butter or margarine | | 1. Into each of 4 baking pans (about 12 by 20 by 2 inches) pour 5 ounces (scant 2/3 cup) of the fat and sprinkle 12 ounces (1-3/4 cups, packed) brown sugar over it. Spread 1 pound 7 ounces (2-1/4 cups) pineapple over the sugar mixture. |
| 3 lb. | 1-3/4 qt., packed | Brown sugar | | |
| 5 lb. 12 oz. | 2-1/2 qt. | Crushed pineapple, drained | | |
| 2 lb. 4 oz. | 2-1/2 qt., sifted | Cake flour | | 2. Sift the flour and baking powder together 3 times. |
| 1-1/4 oz. | 3-1/3 tbsp. | Baking powder | | |
| | 1-1/4 qt. (25) | Eggs | | 3. Beat eggs about 10 minutes (or 5 minutes in mixer on medium speed) until very thick and light. |
| 5 lb. | 2-1/2 qt. | Sugar | | 4. Add sugar gradually, beating until well blended, then add lemon juice. |
| | 1/3 cup | Lemon juice | | |
| | 1 qt. | Hot milk | | 6. Add milk and mix quickly until the batter is smooth (about 1 minute in mixer on medium speed). (continued on back) |

PINEAPPLE UPSIDE-DOWN CAKE--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|-------------|-----------------------|--|
| Weights | Measures | | | |
| | | | | <p>7. Pour batter over the fruit, 2-1/4 quarts or 3 pounds per pan.</p> <p>8. Bake at 350° F. (moderate) 45 minutes.</p> <p>9. Remove from oven, let stand a few minutes, then invert. Remove cake from pans while still warm.</p> |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

VARIATION

1. PEACH, APRICOT, OR CHERRY UPSIDE-DOWN CAKE: Use 5 pounds 12 ounces diced peaches, diced apricots, or chopped sour cherries in place of pineapple.

PLAIN CAKE

Fruits and Other Desserts C-24

PLAIN CAKE MIX

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------------------|--------------------|-----------------------|--|
| Weights | Measures | | | |
| 2 lb. 6 oz.. | 2 qt. 1-1/2 cups, sifted | All-purpose flour. | | 1. Sift ingredients together three times or blend 5 minutes in mixer on low speed, using the whip. |
| 2 lb. 12 oz. | 1 qt. 1-1/2 cups | Sugar..... | | 2. Store in a tightly covered container in a cool place until needed. |
| 4 oz..... | 1 cup..... | Nonfat dry milk... | | YIELD: 5 pounds 8 ounces (3 quarts |
| 1-3/4 oz.. | 4-2/3 tbsp.. | Baking powder... | | 2-1/2 cups). |
| | 2-1/2 tsp... | Salt | | |

(over)

PLAIN CAKE (using plain cake mix)

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------------------|------------------------|--------------------|---|
| Weights | Measures | | | |
| 5 lb. 8 oz. | 3 qt. 2-1/2 cups, sifted | Plain cake mix . . . | | 3. Cut or rub shortening into cake mix |
| 1 lb. 6 oz. | 2-3/4 cups. | Shortening | | |
| | 2 cups (10) • | Eggs, beaten | | 4. Add eggs and half the water to which the vanilla has been added. Beat until thoroughly blended. |
| | 1 qt | Water | | |
| | 3 tbsp. | Vanilla | | 5. Add remaining water-vanilla mixture and beat 2 minutes longer. |
| | | | | 6. Pour batter into 2 greased sheet pan (about 15 by 24 by 1 inch), 2-1/2 quarts or about 5 pounds per pan. |
| | | | | 7. Bake at 350° F. (moderate) 25 to 30 minutes. |

PORTION: 1 piece, 2-1/4 by 3 inches.

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------|---------------------|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. 8 oz. | 3 cups | Butter or margarine | | 1. Cream the fat and sugar. |
| 2 lb. | 1 qt. | Sugar | | |
| | 1-2/3 cups (8) | Eggs | | 2. Add eggs and beat until well blended. |
| 2 lb. 4 oz. | 2-1/4 qt., sifted | All-purpose flour | | 3. Add flour, baking powder, salt, and vanilla to the creamed mixture. Stir to mix. |
| 1-1/4 oz. | 3-1/3 tbsp. | Baking powder | | 4. Using a No. 40 scoop (1-3/5 tablespoons) place cookies on a greased baking sheet. |
| | 2 tsp. | Salt | | 5. Bake at 375° F. (moderate) 10 to 12 minutes. |
| 1 oz. | 2 tbsp. | Vanilla | | |

PORTION: 2 cookies.

VARIATIONS

- 1. RAISIN COOKIES: Add 1 pound 4 ounces (1 quart) chopped seedless raisins with the flour mixture.
- 2. COCONUT COOKIES: Add 12 ounces (1 quart) shredded coconut with the flour mixture.

PRUNE CRUNCH

Fruits and Other Desserts C-26

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|-----------------------|-----------------------|---|
| Weights | Measures | | | |
| 6 lb. 6 oz. | 3 qt. 3/4 cup | Chopped cooked prunes | | <ol style="list-style-type: none"> 1. Combine prunes, sugar, water, and orange rind. Cook over low heat about 10 minutes, or until thick, stirring frequently. 2. Cool and add nuts. |
| 2 lb. 2 oz. | 1 qt. 1/4 cup | Sugar..... | | |
| | 2-3/4 cups | Water or prune juice | | |
| | 1/4 cup..... | Grated orange rind | | |
| 13 oz. | 3-1/4 cups | Chopped nuts | | |
| 1 lb. | 1 qt., sifted | All-purpose flour | | <ol style="list-style-type: none"> 3. For crunch mixture, sift together the flour, salt, and soda. Mix in brown sugar and oats. Cut or rub in the fat. 4. Stir in unbeaten egg whites. Pack 2 cups crunch mixture in bottom of each of 4 greased baking pans (about 10 by 16 by 2 inches). Spread with 1 quart prune mixture. (continued on back) |
| | 2 tsp. | Salt | | |
| | 1-1/3 tbsp. | Soda | | |
| 1 lb. 14 oz. | 1 qt. 1/4 cup, | Brown sugar | | |
| | packed | | | |
| 1 lb. 14 oz. | 1 qt. 3-1/2 cups | Rolled oats | | |
| 1 lb. 6 oz. | 2-3/4 cups | Butter or margarine | | |
| | 1 cup (8)... | Egg whites | | |

PRUNE CRUNCH--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|-------------|--------------------|--|
| Weights | Measures | | | |
| | | | | 5. Cover with remaining crunch mixture, 2 cups per pan. 6. Bake at 350° F. (moderate) 40 minutes. |

PORTION: 1 piece, 2 by 2-1/4 inches.

VARIATION

1. FIG CRUNCH: Use figs in place of prunes.

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------------|--------------------------|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. 8 oz. | 3 cups | Shortening | | 1. Cream shortening and sugar. |
| 3 lb. | 1-1/2 qt. ... | Sugar..... | | |
| | 2-1/2 cups (12) | Eggs | | 2. Add eggs and beat until light and fluffy. |
| 4 lb. | 2 qt. | Chopped cooked prunes | | 3. Blend in prunes. |
| 3 lb. | 3 qt., sifted | All-purpose flour. | | 4. Sift flour, soda, spices, and salt together 3 times. Add to creamed mixture alternately with sour milk. |
| 1-1/4 oz. . | 3 tbsp. | Soda | | 5. Pour batter into 2 baking pans (about 12 by 20 by 2 inches). lined with paper and greased. |
| | 1/2 tsp. ... | Nutmeg | | 6. Bake at 350° F. (moderate) about 45 minutes. |
| 1/2 oz. ... | 2 tbsp. | Cinnamon | | |
| | 2 tbsp. | Cloves | | |
| 1 oz. | 2 tbsp. | Salt | | |
| | 2-1/2 cups | Sour milk | | |

PORTION: 1 piece, 1-3/4 by 2 inches.

STEAMED CRANBERRY PUDDING

Fruits and Other Desserts C-28

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|-------------------|-----------------------|--|
| Weights | Measures | | | |
| 5 lb. | 5 qt., sifted | All-purpose flour | | 1. Sift dry ingredients together 3 times or blend 5 minutes in mixer on low speed, using the whip. |
| 2 lb. | 2 qt. | Sugar..... | | |
| | 2-2/3 tbsp . | Soda..... | | |
| | 1-1/3 tbsp . | Baking powder.. | | |
| 1/2 oz. | 1 tbsp. | Salt | | |
| 3/4 oz. | 1/4 cup | Ginger..... | | |
| | 1-1/3 tbsp . | Cinnamon..... | | |
| | 1 tsp. | Cloves..... | | |

(over)

STEAMED CRANBERRY PUDDING--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------|----------------------|--------------------|---|
| Weights | Measures | | | |
| 3 lb. | 3 qt. | Chopped cran-berries | | 2. Combine cranberries, molasses, fat or oil, and buttermilk. |
| 2 lb. 13 oz. | 1 qt. | Molasses | | |
| 1 lb. | 2 cups | Melted fat or oil. | | 3. Add cranberry mixture to dry ingredients. Stir only until dry ingredients are moistened. |
| | 1 qt. | Buttermilk | | |
| | | | | 4. Place in 5 greased loaf pans (about 4 by 10 by 4 inches), about 1 quart 1-1/2 cups or 3 pounds 2 ounces per pan. Cover pans. |
| | | | | 5. Steam at 5 pounds pressure for 2 hours. |

PORION: 1 piece, 1-3/4 by 3-3/4 by 7/8 inch (about 2-1/4 ounces).

STEWED DRIED PEACHES

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------------------------|-------------------------------------|---|-------------------------|--|
| Weights | Measures | | | |
| 8 lb. | About 1-1/2 gal..... 2-1/2 gal.. | Dried peaches.... Water..... | | 1. Wash peaches and chop coarsely. 2. Soak peaches in the water until plump, overnight if necessary. |
| 1/2 oz.... 2 lb. | 1 tbsp..... 1 qt..... 2 | Salt..... Sugar Lemons, sliced, if desired | | 3. Add salt and simmer until peaches are tender (about 45 minutes). Add sugar and lemon slices during the last few minutes of cooking. |

PORTION: 1/2 cup--provides 1/2 cup fruit and juice.

VARIATIONS

1. STEWED PRUNES: Use 9 pounds (about 1-3/4 gallons) dried prunes in place of peaches. One portion provides 1/2 cup fruit and juice.
2. STEWED APRICOTS: Use 8 pounds (about 1-1/2 gallons) dried apricots in place of peaches. Omit lemon slices. One portion provides 1/2 cup fruit and juice.



| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------------------|----------------------|-----------------------|--|
| Weights | Measures | | | |
| 12 oz. | 1-1/2 cups | Butter or margarine | | 1. Cream the fat until light and fluffy. |
| 4 lb. | 3-3/4 qt., sifted | Confectioner's sugar | | 2. Add confectioner's sugar and milk alternately. Beat well after each addition. |
| | 1 cup..... | Hot milk | | 3. Blend in salt and vanilla. Beat until light and fluffy. |
| | 1/2 tsp. | Salt | | |
| | 1/4 cup..... | Vanilla | | |

YIELD: About 2-1/4 quarts.

VARIATIONS

1. ORANGE CREAM FROSTING: Use 1/4 cup orange juice, 1 tablespoon lemon juice, and add 1 teaspoon grated orange rind in place of vanilla.
2. CHOCOLATE CREAM FROSTING: Sift 2 cups cocoa with the sugar and reduce vanilla to 2 tablespoons.
3. PINEAPPLE CREAM FROSTING: Use 1 cup of hot pineapple juice in place of milk and add 1 tablespoon lemon juice in place of vanilla. If desired, drained crushed pineapple may be added to taste.
4. LEMON CREAM FROSTING: Use 1/3 cup lemon juice in place of vanilla.



WHIPPED TOPPING

Fruits and Other Desserts C-31

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|--------------|--------------------|-------------------------|---|
| Weights | Measures | | | |
| | 1-1/3 tbsps. | Unflavored gelatin | | 1. Soften gelatin in the cold water. |
| | 1/2 cup | Cold water | | |
| 8 oz. | 2 cups | Nonfat dry milk .. | | 2. Sprinkle dry milk over the water and beat until smooth. Scald over hot water for about 3 minutes. Add gelatin. Cool. |
| | 1 cup | Water | | |
| | 1/2 cup | Lemon juice | | 3. Beat in the fruit juices, a small amount at a time. Store in the refrigerator overnight. |
| | 1/2 cup | Orange juice | | |
| 8 oz. | 1 cup | Sugar | | 4. Whip in mixer on high speed until very stiff. Fold in sugar and salt. Chill until ready to use. |
| | 1 tsp. | Salt | | 5. Serve on puddings. |

YIELD: 2 quarts.

PORTION: About 1 tablespoon.

VARIATION

1. SOFT WHIPPED TOPPING: Omit the gelatin.



YELLOW CAKE

Fruits and Other Desserts C-32

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------------|---------------------|-------------------|--|
| Weights | Measures | | | |
| 1 lb. 4 oz. | 2-1/2 cups.. | Butter or margarine | | 1. Cream the fat and sugar until light and fluffy. |
| 3 lb. | 1-1/2 qt. .. | Sugar | | |
| | 2-1/2 cups (12) | Eggs | | 2. Add eggs and beat well. |
| 2 lb. 8 oz. | 2-1/2 qt., sifted | All-purpose flour | | 3. Sift dry ingredients together. |
| 2 oz. | 1/3 cup | Baking powder... | | |
| | 1-2/3 tbsp. | Salt | | |
| | 3-3/4 cups | Milk | | 4. Combine milk and vanilla. Add alternately with the dry ingredients to the creamed mixture. Beat until thoroughly blended. |
| | 1-2/3 tbsp. | Vanilla | | 5. Pour into 2 greased baking pans (about 12 by 20 by 2 inches), about 2-1/4 quarts or 5 pounds 2 ounces per pan. |
| | | | | 6. Bake at 350° F. (moderate) 30 to 35 minutes. |

PORTION: 1 piece, 1-3/4 by 2 inches.

APPLESAUCE CAKE

Fruits and Other Desserts C-33

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|--|--|
| Weights | Measures | | | |
| 1 lb. 14 oz. 3 lb. 8 oz. | 3-3/4 cups 1-3/4 qt... | Shortening..... Sugar..... | | 1. Cream shortening and sugar until well blended. |
| | 2 cups (10) | Eggs, beaten | | 2. Add eggs and beat until thoroughly mixed. |
| 3 lb. 12 oz. 1-1/2 oz. . 3/4 oz. 1/2 oz. 1/2 oz. | 3-3/4 qt., sifted 1/4 cup ... 2 tbsp..... 1 tbsp..... 1-1/3 tbsp. 2 tbsp..... | All-purpose flour Baking powder ... Soda..... Salt Cloves..... Cinnamon | | 3. Sift flour twice with baking powder, soda, salt, and spices. |
| 2 lb. 1 lb. | 1-1/2 qt.. 1 qt..... | Raisins Chopped nuts, if desired | | 4. Add raisins, and nuts, if desired, to one-third of the flour mixture. Combine well with creamed mixture and eggs. |

APPLESAUCE CAKE--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|-------------|-----------------------|--|
| Weights | Measures | | | |
| 5 lb. | 2-1/4 qt. . | Applesauce | | <p>5. Add the applesauce in two portions alternately with remaining flour mixture.</p> <p>6. Pour batter into 4 greased baking pans (about 12 by 20 by 2 inches).</p> <p>7. Bake at 350° F. (moderate) 45 minutes.</p> |

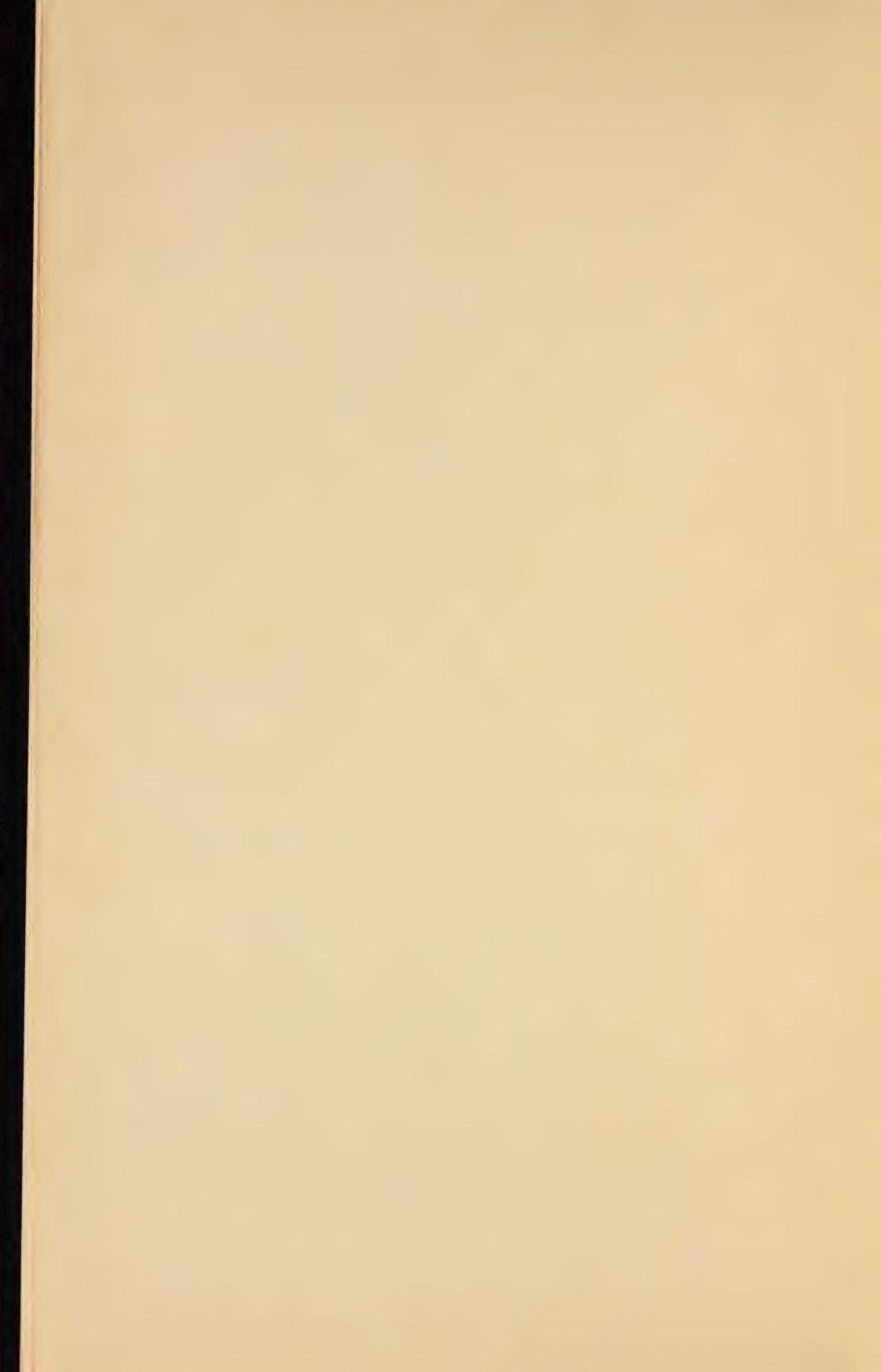
PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

INDIAN PUDDING

Fruits and Other Desserts C-34

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|----------------------------------|--|
| Weights | Measures | | | |
| 2 lb. 2 oz. | 1-1/2 qt... 1/4 cup ... 3-1/4 gal.. | Cornmeal..... Salt..... Milk | | 1. Stir cornmeal and salt into milk. Cook until thickened (about 15 minutes), stirring constantly. |
| 2 lb. 3 lb. 12 oz. | 2-3/4 cups 1-1/2 qt.. 1 tbsp. ... 1-1/2 cups | Molasses..... Sugar | | 2. Remove from heat and stir in remaining ingredients. 3. Pour mixture into 4 baking pans (about 12 by 20 by 2 inches). 4. Bake at 275° F. (very slow) 2 hours. 5. Serve with whipped topping or ice cream. |

PORTION: 1/2 cup.



LEMON REFRIGERATOR DESSERT

Fruits and Other Desserts (protein-rich) C-35

| 100 Portions | | Ingredients | For Portions | Directions |
|--------------|-----------------------|-------------------------------|-----------------|---|
| Weights | Measures | | | |
| 2 lb. | 2-1/4 qt. . | Graham cracker crumbs | | <ol style="list-style-type: none"> 1. Blend crumbs, confect- tioner's sugar, and fat. 2. Press 1-1/4 quarts or 1 pound 6 ounces of the mix- ture into each of 2 pans (about 12 by 20 by 2 inches.) (Reserve remaining crumbs to sprinkle on top of cheese mixture.) |
| 12 oz. | 2-3/4 cups, sifted | Confectioner's sugar | | |
| 12 oz. | 1-1/2 cups | Melted butter or margarine | | |
| 1-1/2 oz. . | 1/3 cup ... | Unflavored gela- tin | | <ol style="list-style-type: none"> 3. Soak the gelatin in the cold water. |
| | 1-1/3 cups | Cold water..... | | |
| | 1-1/4 cups (6) | Eggs, beaten .. | | <ol style="list-style-type: none"> 4. Combine eggs, egg yolks, sugar, and milk. Cook in a double boiler until thick- ened, stirring constantly. 5. Add gelatin to hot custard, stirring until gelatin is dis- solved. Cool. |
| | 1 cup (12) | Egg yolks, beaten | | |
| 12 oz. | 1-1/2 cups | Sugar | | |
| | 1-1/2 cups | Milk | | |

(over)

LEMON REFRIGERATOR DESSERT--Continued

| 100 Portions | | Ingredients | For — Portions | Directions |
|----------------------|--|---|---|--|
| Weights | Measures | | | |
| 4 lb. 8 oz. | 2-1/4 qt. . 3 cups | Cottage cheese . Sweetened con- densed milk Lemon juice Grated lemon rind Vanilla | | 6. Beat cottage cheese, con- densed milk, lemon juice, lemon rind, and vanilla un- til well blended. Add cus- tard mixture. |
| | 1 cup..... 2 tbsp. ... 1 tbsp. ... | Egg whites | | 7. Beat egg whites until stiff and fold into cheese mix- ture. 8. Pour into crumb-lined pans, 2-3/4 quarts or 5 pounds 9 ounces per pan. 9. Sprinkle reserved crumbs on top, 1 cup or 5 ounces per pan. Chill until set. |
| | 1-1/2 cups (12) | | | |

PORTION: 1 piece, 1-3/4 by 2 inches --provides the equivalent of 1 ounce protein-rich food.

SWEETPOTATO PIE

Fruits and Other Desserts C-36

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-------------------------------------|--|--|---|---|
| Weights | Measures | | | |
| 17 lb. | 3 cups (36) 1 gal. 3-3/4 qt. 3-3/4 qt. 1 qt. 2-3/4 cups | Egg yolks..... Mashed sweet- potatoes Milk Sugar | | 1. Beat egg yolks into the sweetpotatoes. Stir in the milk, sugar, fat, salt, nut- meg, and lemon juice. |
| 3 lb. 6 oz. 12 oz. | 1-1/2 cups 1-1/2 cups | Melted butter or margarine Salt..... Nutmeg Lemon juice | | |
| | 1-1/2 tsp. 2 tbsps..... 1/3 cup ... | | | |
| | 15..... | Unbaked 9-inch pastry shells (card C-20) | | 2. Pour mixture into pie shells, 3-1/4 cups or 2 pounds per shell. 3. Bake at 375° F. (moderate) about 40 minutes or until filling is set. Cool. |

(over)

SWEETPOTATO PIE--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|----------------------|-----------------------|--|
| Weights | Measures | | | |
| | | Meringue (card C-17) | | 4. Top pies with meringue. Bake at 350° F. (moderate) 12 minutes or until me- ringue is firm and browned. |

PORTION: 1/7 pie--provides 1/4 cup vegetable.

VARIATIONS

1. PUMPKIN PIE: Use 17 pounds (1 gallon 3-3/4 quarts) pumpkin in place of sweet-potatoes. One portion provides 1/4 cup vegetable.
2. SQUASH PIE: Use 16 pounds (1 gallon 3-3/4 quarts) squash in place of sweet-potatoes. One portion provides 1/4 cup vegetable.

APRICOT-RICE PUDDING

Fruits and Other Desserts C-37

| 100 Portions | | Ingredients | For — Portions | Directions |
|------------------------------------|---------------------------------------|--|-------------------------|---|
| Weights | Measures | | | |
| 4 lb. 2 oz. 3 lb. | About 3 qt. 3-3/4 qt. 1-1/2 qt. | Dried apricots.. Water Sugar..... | | 1. Simmer apricots in water until tender (20 to 40 minutes). 2. Drain the fruit and save the juice. 3. Chop apricots, mix with sugar, and let stand for 10 minutes. |
| 6 lb. | 1 gal. 1 gal. | Apricot juice and milk Cooked rice (card B-12 or B-13) | | 4. Combine all ingredients. 5. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 2-3/4 quarts or 6 pounds 8 ounces per pan. |
| 1/2 oz. | 1 tbsp. 1 qt. (20) | Salt Eggs, beaten... | | 6. Bake at 325° F. (slow) for 25 minutes or until the pudding is firm. |

PORTION: About 1/3 cup--provides 1/4 cup fruit.



CHOCOLATE PUDDING

CHOCOLATE PUDDING MIX

Fruits and Other Desserts C-38

| 100 Portions | | Ingredients | For — Portions | Directions |
|--|---|--|--|---|
| Weights | Measures | | | |
| 3 lb. 2 lb. 8 oz. 1 lb. 4 oz. | 1-1/2 qt. . . 2-1/2 qt. . . 1-1/4 qt. . . | Sugar..... Nonfat dry milk All-purpose flour Salt Cocoa | | 1. Sift ingredients together 3 times or blend 5 minutes in mixer on low speed, using the whip. 2. Store in a tightly covered container in a cool place until needed. |
| 12 oz. | 1-1/3 tbsp. 3 cups | | | YIELD: 7 pounds 8 ounces (1 gallon 1-1/4 quarts). |

CHOCOLATE PUDDING (using chocolate pudding mix)

| | | | | |
|--|--|--|---|--|
| 7 lb. 8 oz. 12 oz. | 1 gal. 1-1/4 qt. 2-1/2 gal. 2 cups (10) 1-1/2 cups 2 tbsp. | Pudding mix..... Warm water..... Eggs, beaten.... Butter or mar- garine Vanilla | | 3. Combine pudding mix with water in top of double boiler. Cook over hot water until thickened, stirring constantly. 4. Beat about 1 quart of hot mixture into the eggs; then blend this slowly into remain- ing hot mixture. 5. Cook over hot water about 5 minutes, stirring constantly. Add the fat. Re- move from heat. Add vanilla. Blend well and cool. |
|--|--|--|---|--|

PORTION: 1/2 cup.

VARIATION

1. CARAMEL PUDDING: To make mix use 3 pounds 10 ounces (2 quarts, packed) brown sugar in place of granulated sugar. Omit cocoa. To make pudding follow directions for Chocolate Pudding.

CRANBERRY CRUNCH

Fruits and Other Desserts C-39

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|-----------------------------------|--|--|-------------------------|---|
| Weights | Measures | | | |
| 4 lb. 4 lb. | 2 qt. 2 qt. 1 gal. ... | Sugar..... Water Whole cranberries | | 1. Boil sugar and water for 5 minutes. 2. Add cranberries and boil 5 minutes longer. Remove from heat. Cool. |
| 7 lb. | 1 gal. 1/2 qt. | Chopped unpeeled apples | | 3. Stir apples into cranberry sauce. Pour mixture into 2 pans (about 12 by 20 by 2 inches), 3 quarts or 6 pounds 14 ounces per pan. |
| 1 lb. 12 oz. 12 oz. | 1-3/4 qt. 3 cups, sifted | Rolled oats All-purpose flour | | 4. Combine oats, flour, sugar, and fat and mix until crumbly. |
| 2 lb. 4 oz. 1 lb. 8 oz. | 1-1/4 qt., packed 3 cups... | Brown sugar Melted butter or margarine | | 5. Sprinkle one half of the mixture (about 2 quarts or 3 pounds) over each pan of apple-cranberry mixture. 6. Bake at 350° F. (moderate) 1 hour. |

PORTION: 1 piece, 1-3/4 by 2 inches--provides 1/4 cup fruit.



PUMPKIN CUSTARD

Fruits and Other Desserts C-40

| 100 Portions | | Ingredients | For — Portions | Directions |
|---------------------------|--|--|-------------------|---|
| Weights | Measures | | | |
| 10 lb. | 1 gal. 2-1/4 cups 1 gal. 1/2 qt. | Mashed cooked pumpkin Hot milk..... | | 1. Heat pumpkin in the milk. |
| | | | | 2. Blend eggs, sugars, flour, salt, and spices. 3. Pour pumpkin mixture into egg mixture and mix well. 4. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 3 quarts 1/2 cup or 7 pounds 2 ounces per pan. 5. Bake at 325° F. (slow) 45 minutes or until custard is set. |
| | 1-3/4 qt. (36) 1-1/2 qt. 1 qt. 1-1/2 cups, packed 1-1/2 cups, sifted | Eggs, beaten..... Sugar..... Brown sugar | | |
| 3 lb. 2 lb. 8 oz. | | | | |
| 6 oz. | | All-purpose flour | | |
| 1 oz. | 2 tbsp. ... | Salt | | |
| 1/2 oz. ... | 2 tbsp. ... | Cinnamon | | |
| 1/4 oz. ... | 1 tbsp. ... | Nutmeg | | |
| | 1-1/3 tbsp. | Allspice | | |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

VARIATION

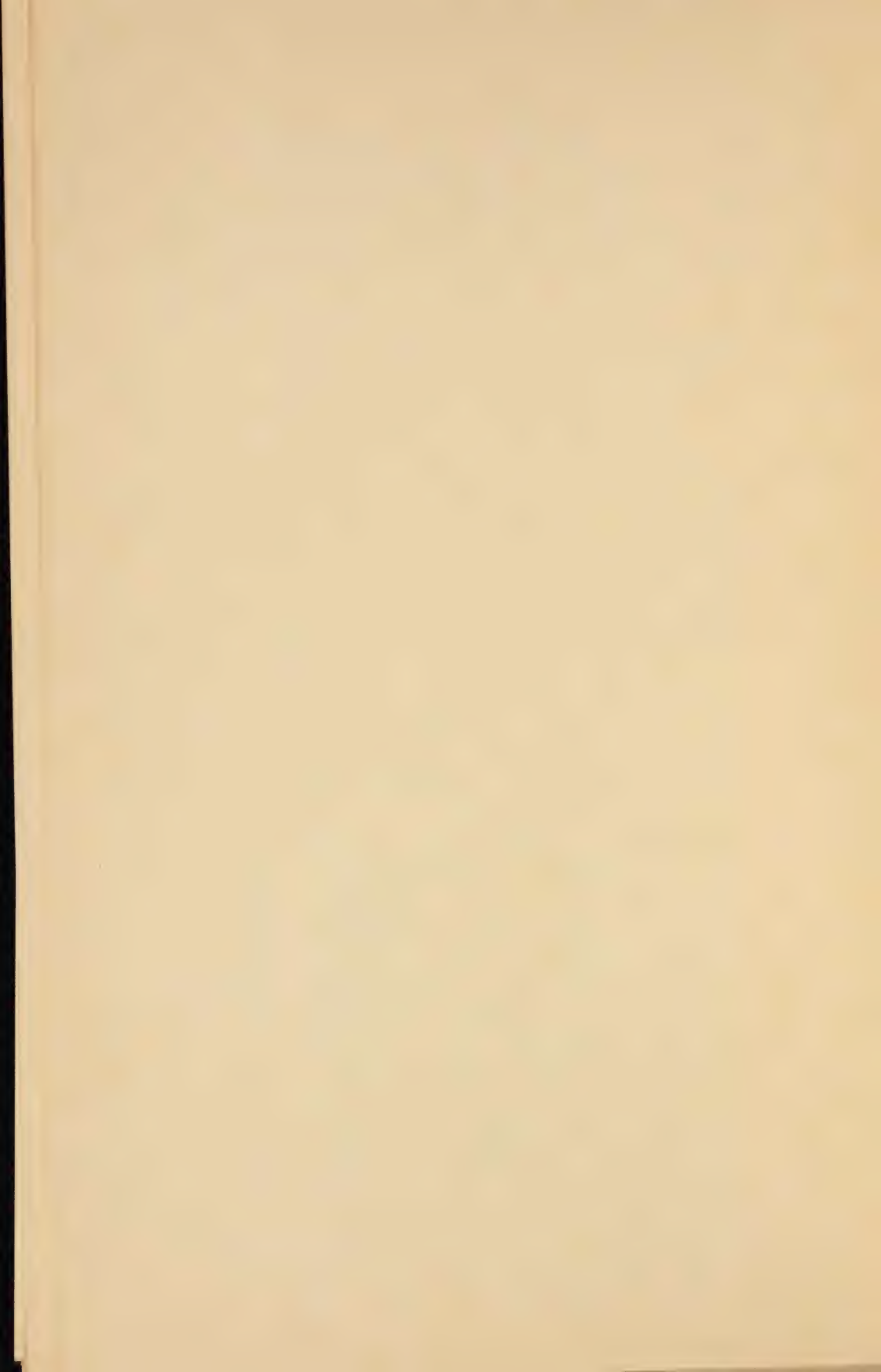
1. PUMPKIN PIE: Pour mixture into 15 unbaked 9-inch pie shells (card C-20), about 3-1/4 cups or 1 pound 14 ounces per shell. Bake at 375° F. (moderate) about 40 minutes or until custard is set. Portion: 1/7 pie

TROPICAL SHERBET

Fruits and Other Desserts C-41

| 100 Portions | | Ingredients | F or — Portions | Directions |
|------------------------|----------------------------|---|-----------------------|---|
| Weights | Measures | | | |
| 4 oz. | 3/4 cup.... 1/2 cup.... | Unflavored gelatin Cold water | | 1. Soften gelatin in cold water. |
| 4 lb. | 2 qt. 3-1/2 cups | Sugar Boiling water... | | 2. Combine sugar and boiling water and heat until sugar is dissolved. 3. Add gelatin to the hot sirup and stir until dissolved. Cool. |
| 3 lb. | 3 tbsp. ... 1-1/4 qt. | Lemon juice Orange juice concentrate | | 4. Mix juices and fruits with dry milk and water. Beat to blend. |
| 9-1/2 oz. 9-3/4 oz. | 1 cup..... 1 cup..... | Apricot puree ... Mashed bananas | | 5. Stir sirup mixture into fruit mixture. (Makes 3-1/4 gallons mix.) |
| 1 lb. 10 oz. | 1 qt. 2-1/2 cups | Nonfat dry milk.. Cold water | | 6. Pour mixture into freezer can. (Fill only 2/3 full to allow for expansion.) 7. Freeze, using 9 gallons chipped ice and 2-1/4 quarts ice cream salt. (16 parts chipped ice to 1 part ice cream salt by measure.) |

PORTION: 1/2 cup.



COOKING DRY BEANS AND PEAS

Main Dishes (protein-rich) D-1

Sort and wash beans or peas. Bring water to boiling and add beans or peas. Boil 2 minutes; remove from the heat and let soak 1 hour. If more convenient, soak beans or peas overnight after the 2-minute boil. Add 2 tablespoons salt per gallon of water used, if desired. Cook for the length of time indicated in the chart below; begin counting cooking time when water returns to a boil.

For 100 portions, about 1/2 cup each

| Variety | Measure (9 pounds dry beans) | Water | Cooking time | Approximate cooked yield |
|---|---------------------------------|-----------------|--------------------|-------------------------------------|
| Blackeye beans (blackeye peas, cowpeas) | 1-1/2 gal. | 3-3/4 gal. | 1/2 hr. | 22 lb. 14 oz. (3 gal. 2-3/4 qt.) |
| Great Northern beans | 1 gal. 1-1/2 qt. | 3-1/2 gal. | 1 to 1-1/2 hr. | 21 lb. 4 oz. (3-1/2 gal.) |
| Kidney beans | 1 gal. 1-1/4 qt. | 3-1/4 gal. | 1 to 1-1/2 hr. | 23 lb. 8 oz. (3-1/4 gal.) |
| Lima beans, large | 1 gal. 1-3/4 qt. | 3-3/4 gal. | 3/4 hr. | 22 lb. 5 oz. (3 gal. 2-1/2 cups) |
| Lima beans, small | 1 gal. 1-1/2 qt. | 3-1/2 gal. | 1 to 1-1/2 hr. | 21 lb. 12 oz. (3 gal. 1 cup) |
| Pea beans (navy beans) | 1-1/4 gal. | 3 gal. 1 cup | 1-1/2 to 2-1/2 hr. | 19 lb. 14 oz. (3 gal. 1/2 qt.) |
| Pinto beans | 1 gal. 1-3/4 qt. | 3-1/2 gal. | 2 hr. | 20 lb. 12 oz. (3 gal. 2-1/2 qt.) |

(over)

COOKING DRY BEANS AND PEAS---Continued

For 1 gallon cooked beans

| Variety | Quantity of dry beans | Water | Cooking time | Approximate yield (1 gallon cooked beans) |
|---|--|----------------------|--------------------|---|
| Blackeye beans (blackeye peas, cowpeas) | 2 lb. 7 oz. (1 qt. 2-1/2 cups) | 1-1/4 gal. | 1/2 hr. | 6 lb. 3 oz. |
| Great Northern beans | 2 lb. 9 oz. (1 qt. 2-1/4 cups) | 1 gal. | 1 to 1-1/2 hr. | 6 lb. 1 oz. |
| Kidney beans | 2 lb. 11-3/4 oz. (1 qt. 2-1/4 cups) | 1 gal. | 1 to 1-1/2 hr. | 7 lb. 2 oz. |
| Lima beans, large | 2 lb. 13-3/4 oz. (1 qt. 3-3/8 cups) | 1-1/4 gal. | 3/4 hr. | 7 lb. 1 oz. |
| Lima beans, small | 2 lb. 15 oz. (1-3/4 qt.) | 1 gal. 1-1/2 cups | 1 to 1-1/2 hr. | 7 lb. 2 oz. |
| Pea beans (navy beans) | 2 lb. 14 oz. (1 qt. 2-1/4 cups) | 1 gal. | 1-1/2 to 2-1/2 hr. | 6 lb. 5 oz. |
| Pinto beans | 2 lb. 7-1/4 oz. (1 qt. 2-1/8 cups) | 1 gal. | 2 hr. | 5 lb. 10 oz. |

1. Use a heavy kettle or roasting pan with a tight-fitting cover, or a steam jacketed kettle.
2. Season meat, using $1/4$ teaspoon salt per pound of meat. If desired, meat may be dredged with flour to increase browning.
3. Brown meat on all sides, using a small amount of fat. If meat is not dredged with flour, it may be placed fat side down and browned in its own fat.
4. Add a small amount of water; additional water may be needed as the meat cooks to keep it from burning. Braising or pot roasting in a steam jacketed kettle will require more water than pot roasting in the oven.
5. Cover and simmer on top of range or in a slow oven ($325^{\circ}\text{F}.$) until tender; see timetable for cooking time, which is based on meat taken directly from the refrigerator.
6. Remove the meat and make the gravy (card H-2).

BRAISING OR POT ROASTING MEATS--Continued

Timetable for braising meats

| Kind and cut | Weight or thickness | Approximate cooking time | Kind and cut | Weight or thickness | Approximate cooking time |
|----------------------|---------------------|--------------------------|---------------------|---------------------|--------------------------|
| Beef: | | | | | |
| Pot roast | 3 to 5 lb. | 3-1/2 to 4 hrs. | Shoulder, rolled | 3 lb. | 2-1/2 hrs. |
| Pot roast | 5 to 15 lb. . . . | 3-1/2 to 5 hrs. | Cutlets | 1/2 in. | 45 min. |
| Swiss steak | 1 to 1-1/2 in. | 2 to 2-1/2 hrs. | Chops, loin or rib | 3/4 in. | 45 min. |
| Shortribs | 2 by 2 by 2 in. | 2 to 2-1/2 hrs. | Stew meat | 1 in. cubes . . | 1-1/2 to 2 hrs. |
| Cubed beef | 1-1/2 in. cubes | 2-1/2 to 3 hrs. | Pork: | | |
| Lamb: | | | | | |
| Shoulder, rolled | 3 lb. | 2 to 2-1/2 hrs. | Chops | 3/4 to 1 in. . . . | 50 to 60 min. |
| Shoulder chops | 3/4 in. | 40 min. | Shoulder steak. . | 3/4 in. | 45 min. |
| Shanks | 1/2 to 1 lb. . . | 1-1/2 to 2 hrs. | Spareribs | | 1-1/2 to 2-1/2 hrs. |
| Cubed lamb | 1-1/2 in. . . . | 1-1/2 hrs. | Tenderloin patties | 1/2 in. | 30 min. |

- 1. Place meat in roasting pan, fat side up. Allow space in the pans between roasts. Do not add water; do not cover. See timetable for cooking time, which is based on meat taken directly from the refrigerator.
- 2. If thermometer is used, insert it into the center of the thickest part of the meat, away from bone, fat, or gristle. Roast at 325° F. until thermometer registers the temperature given in timetable.

Timetable for roasting meats

| Kind and cut of meat | Ready-to-cook weight | Internal temperature | Approximate cooking time 325° F. |
|-----------------------|----------------------|----------------------|----------------------------------|
| Beef: | <u>Pounds</u> | <u>°F. *</u> | <u>Hours</u> |
| Rolled rib | 6 | 160 - 170 | 3-1/4 to 4 |
| Rolled rump..... | 5 | 160 - 170 | 3 to 3-1/4 |
| Sirloin tip | 3 | 160 - 170 | 2 to 2-1/4 |
| Lamb: | | | |
| Leg | 6 to 7 | 180 | 3-3/4 |
| Shoulder..... | 5 | 180 | 3 |
| Rolled shoulder | 5 | 180 | 3 |

*160° F. --medium; 170° F. to 185° F. --well done.

ROASTING MEATS--Continued

Timetable for roasting meats--Continued

| Kind and cut of meat | Ready-to-cook weight | Internal temperature °F. * | Approximate cooking time 325° F. |
|-----------------------|-------------------------|--------------------------------------|--|
| Pork, fresh: | <u>Pounds</u> | | <u>Hours</u> |
| Leg (fresh ham) | 14 | 185 | 6 |
| Loin | 5 | 185 | 3 |
| Shoulder | 5 | 185 | 3-1/2 |
| Shoulder butt | 5 | 185 | 3-1/2 |
| Pork, mild cure: | | | |
| Ham, whole | 16 | 170 | 4-1/4 |
| Ham, piece | 6 | 160 | 2-1/2 |
| Picnic shoulder | 6 | 170 | 3-1/2 |
| Veal: | | | |
| Leg | 8 | 170 | 3-1/2 |
| Loin | 5 | 170 | 3 |
| Shoulder | 6 | 170 | 3-1/2 |
| Roller shoulder | 3 | 170 | 3 |

*160° F. --medium; 170° F. to 185° F. --well done.

STEWING OR COOKING MEATS IN LIQUID

Main Dishes (protein-rich) D-4

1. Place the meat in a pot, cover with water. Add seasonings as desired.
2. Simmer until tender. See timetable for cooking time.

Timetable for stewing meats

| Kind and cut | Weight | Approximate cooking time |
|-----------------------------------|---------------|--------------------------|
| | <u>Pounds</u> | <u>Hours</u> |
| Beef: | | |
| Fresh brisket or plate | 8 | 4 to 5 |
| Corned beef brisket (whole) | 8 | 4 to 5 |
| Corned beef brisket (piece) | 3 | 3 to 3-3/4 |
| Beef shanks | 4 | 3 to 4 |
| Tongue, fresh or smoked | 3 to 4 | 3 to 3-1/2 |
| Stew (1-to 2-inch pieces) | | 2-1/2 to 3 |
| Pork: | | |
| Smoked ham, whole | 16 | 4 |
| Smoked ham, shanks | 5 | 2-1/2 |
| Smoked picnic shoulder | 7 to 8 | 3-1/2 to 4 |
| Boneless shoulder butt | 2 to 3 | 1-1/2 to 2 |
| Hocks, each | 3/4 to 1 | 2-1/2 to 3 |
| Lamb: | | |
| Stew (1-to 2-inch pieces) | | 1-1/2 to 2 |
| Veal: | | |
| Stew (1- to 2-inch pieces) | | 2 to 3 |

Poultry must be properly handled at time of preparation, cooking, cooling, and serving to avoid spoilage or serious food poisoning. (See reverse side of this card for information on getting poultry ready for cooking. Also cards D-6, D-7, and D-8, for instructions on roasting, steaming, stewing and proper methods of cooling.)

Frozen birds must be kept hard frozen at 0° F. or below until they are removed from storage for thawing and cooking.

TO THAW:

1. Remove from freezer storage only the number of birds needed for 1 day's use.
2. Thaw birds before cooking. Thaw in original wrapper in refrigerator (35° to 40° F.).

Space birds on refrigerator shelves so that air can circulate around them allowing time for thawing as follows:

| | |
|--------------------------------------|----------------|
| Heavy turkeys, 18 lb. and over | 2 to 3 days |
| Lighter turkeys, under 18 lb. | 1 to 2 days |
| Heavy chickens, 4 lb. and over. | about 24 hours |
| Lighter chickens, under 4 lb. | overnight |

or thaw birds partially in the refrigerator and then place under cold running water until completely thawed. Do not thaw at room temperature or in warm water. Do not refreeze.

3. As soon as birds are thawed enough, inspect and clean for cooking.

TO INSPECT AND CLEAN READY-TO-COOK POULTRY

1. Remove neck and giblets, which are usually packed in the neck and body cavities.
2. Wash neck and giblets thoroughly in cold running water. Drain.
3. Inspect birds, removing parts of lung, crop, or windpipe that may be present in the cavities, or pinfeathers that may not have been removed in the initial cleaning process.
4. Wash birds thoroughly, inside and out, in cold running water. Drain.
5. Cook birds and giblets¹ promptly. Or cover loosely with waxed paper and refrigerate at 35° to 40° F. Do not hold for longer than 24 hours before cooking.

¹ The giblets may be simmered with the neck and wing tips for making broth or gravy stock. The cooked meat may be cut up and added to the gravy or stuffing.

ROAST TURKEY

Main Dishes (protein-rich) D-6

TO PREPARE AND COOK

- 1. Thaw turkey, if frozen. Inspect and clean as necessary (card D-5).
- 2. Fold neck skin back and fasten with skewers or tie with clean cord; fold wings toward the back or tie close to body; tie legs together and fasten to tail or if there is a band of skin under tail, tuck legs into band. Release the legs when turkey is half done, to speed the cooking.
- 3. Rub bird with cooking fat and place on a rack in a shallow pan with the breast side up. Do not add water. Do not cover. Bird may be covered with loose tent of aluminum foil or with cheese cloth which has been dipped in melted butter, margarine, or cooking fat. Do not stuff turkey for roasting; bake stuffing separately.
- 4. Roast according to timetable given below for unstuffed turkeys taken directly from the refrigerator. Baste with pan drippings occasionally. Continue to cook until done. Do not cook partially on one day and finish on next.

Timetable for roasting unstuffed turkeys

| Dressed weight | Ready-to-cook weight ¹ | Oven temperature | Approximate cooking time |
|----------------|-----------------------------------|------------------|--------------------------|
| <u>Pounds</u> | <u>Pounds</u> | <u>°F.</u> | <u>Hours</u> |
| 6 to 10 | 5 to 9 | 325) | 2-1/2 to 3 |
| 10 to 14 | 9 to 12 | 325) slow | 3 to 3-1/2 |
| 14 to 18 | 12 to 16 | 325) oven | 3-1/2 to 4-1/2 |
| 18 to 24 | 16 to 21 | 300) | 4-1/2 to 6 |
| 24 to 30 | 21 to 26 | 300) | 6 to 7-1/2 |

¹ Neck and giblets included. (over)

ROAST TURKEY --Continued

5. Make these tests for doneness:

- a. Press drumstick meat between fingers. Meat should be very soft when well done.
- b. Lift drumstick to test whether leg joint moves easily.
- c. Tip bird to see whether juice running out of body cavity is clear and has no pink color.
6. When turkey is well done, cool for 20 to 30 minutes, slice, and serve. Or cool quickly and refrigerate.

TO COOL AND REFRIGERATE

1. Take turkey out of roasting pan and place on wire racks to speed the cooling.
2. When turkey is cool enough to handle easily, remove the meat from the bones and spread on wire racks. When the meat is completely cool, wrap loosely in waxed paper.
3. Store in the refrigerator (35° to 40° F.). CAUTION: Use within 2 days after roasting.

TO PREPARE AND COOK

1. Thaw chicken or turkey, if frozen. Inspect and clean as necessary (card D-5).
2. Cut in pieces or leave whole.
3. Place chicken or turkey in solid (not perforated) pans in steamer compartment.
4. Steam chicken or turkey until tender, allowing 8 minutes per pound (ready-to-cook weight) at 5 pounds pressure. Steaming without pressure will take longer. Do not cook partially on one day and finish on next.
5. When chicken or turkey is well done, serve at once. Or cool quickly and refrigerate.

TO COOL AND REFRIGERATE

Cool chicken or turkey and broth separately as follows:

1. Remove chicken or turkey from broth and place in shallow pan on wire racks to speed the cooling.
2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.).

CAUTION: Use within 2 days after cooking.

3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, wrap loosely in waxed paper. Store in refrigerator (35° to 40° F.).
- CAUTION: Use within 2 days after cooking.

TO PREPARE AND COOK

1. Thaw chicken or turkey, if frozen. Inspect and clean as necessary (card D-5).
2. Cut in pieces or leave whole.
3. Put in stock pot or steam-jacketed kettle.
4. Add enough hot water just to cover chicken or turkey.
5. Cover and simmer. Do not boil.
6. Cook until tender. Chicken may take 2-1/2 to 3 hours; young whole turkeys will take 3 to 4 hours; older turkeys will take longer. Do not cook partially on one day and finish on next.
7. When chicken or turkey is done, serve at once, or cool quickly and refrigerate.

TO COOL AND REFRIGERATE

Cool chicken or turkey and broth separately as follows:

1. Remove chicken or turkey from broth and place in shallow pan on wire racks to speed the cooling.
 2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.). CAUTION: Use within 2 days after cooking.
 3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, cover with waxed paper. Store in refrigerator (35° to 40° F.).
- CAUTION: Use within 2 days after cooking.



BAKED BEANS

Main Dishes (protein-rich) D-9

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------|-----------------------------------|--------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 9 lb. | | Dry beans (card D-1) | | 1. Sort and wash beans. Bring water to boiling and add beans. Boil 2 minutes, remove from heat and let soak 1 hour. If more convenient, soak beans overnight after the 2-minute boil. Add water if necessary to cover beans and cook for 1 hour. Drain; reserve the liquid. |
| | 2 gal. | Water | | |
| 1 lb. 8 oz. | | Salt pork, sliced... | | 2. Place half of beans in 4 baking pans (about 12 by 20 by 2 inches). 3. Cover beans with slices of salt pork. 4. Spread remaining beans over salt pork. Top with slices of salt pork. |
| 14 oz. | 1/2 tsp. ... 2 cups, packed | Red pepper..... Brown sugar | | 5. Combine the pepper, sugar, mustard, salt, onion, and molasses or honey. Pour mixture over beans. |
| | 2-1/3 tbsp. | Powdered dry mustard | | 6. Add 1 quart of the hot drained liquid to each pan. Additional water may be needed to moisten during baking. |
| 2 oz. | 1/4 cup | Salt | | |

BAKED BEANS--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------------|------------------------|---|-----------------------|---|
| Weights | Measures | | | |
| 12 oz. 1 lb. 8 oz. | 2 cups 2 cups | Chopped onion..... Molasses or honey | | 7. Cover pans and bake at 350° F. (moderate) 2-1 1/2 hours or until tender. |

PORTION: 1/2 cup--provides 1/2 cup cooked dry beans.

VARIATION

1. BEANS IN TOMATO SAUCE: Use only 1-1 1/2 gallons of water for soaking beans. Add 2 quarts of tomato puree with the molasses and other seasonings. One portion provides 1/2 cup cooked dry beans.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Baked Beans Sliced Tomatoes Stewed Apricots Peanut Butter Cookies Boston Brown Bread Butter or Margarine 1/2 Pint Milk | Baked Beans Broccoli Cheese-Apple Crisp Raisin Bread Butter or Margarine 1/2 Pint Milk | |

BAKED HADDOCK FILLETS IN SPANISH SAUCE

Main Dishes (protein-rich) D-10

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|--|---|---|---|
| Weights | Measures | | | |
| 20 lb. | | Haddock fillets (fresh or frozen) | | 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. Place in a single layer in well-greased baking pans. |
| 1 lb. 4 oz. 8 oz. 6 oz. | 2-2/3 cups. 3/4 cup.... 1 cup..... 1-1/2 cups, sifted | Chopped onion.... Chopped green pepper Melted fat or oil.. All-purpose flour. | | 2. Cook onion and green pepper in fat or oil until tender; blend in the flour. 3. Add tomatoes and seasonings. Cook until thickened, stirring occasionally. 4. Cover fish with the sauce. 5. Bake at 350° F. (moderate) about 35 to 40 minutes, or until the fish flakes easily when tested with a fork. |
| 1-1/2 oz. . 1 oz. | 3 qt. 3 tbsps.... 2 tbsps. 1/4 tsp. 1/8 tsp. | Canned tomatoes.. Salt Sugar..... Crushed bay leaves Ground cloves | | |

PORTION: 1 portion--provides 2 ounces cooked fish.

BAKED HADDOCK FILLETS IN SPANISH SAUCE --Continued

VARIATIONS

1. BAKED COD FILLETS IN SPANISH SAUCE: Use 20 pounds cod fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
2. BAKED OCEAN PERCH FILLETS IN SPANISH SAUCE: Use 20 pounds ocean perch fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
3. BAKED POLLOCK FILLETS IN SPANISH SAUCE: Use 20 pounds pollock fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
4. BAKED WHITING FILLETS IN SPANISH SAUCE: Use 20 pounds whiting fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Baked Haddock Fillets in Spanish Sauce Mashed Potatoes Chinese Cabbage Salad with Russian Dressing Apple or Other Fruit Bread Butter or Margarine 1/2 Pint Milk | Baked Haddock Fillets in Spanish Sauce Spinach or Other Greens Corn-on-the Cob Rye Bread Butter or Margarine 1/2 Pint Milk | |

BAKED SMOKED HAM (mild cure)

Main Dishes (protein-rich) D-11

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--------------------------------|---|-----------------------|--|
| Weights | Measures | | | |
| 31 lb. <u>or</u> 20 lb. | | Smoked ham, bone in <u>or</u> Boneless smoked ham | | 1. Place hams in roasting pans, fat side up. Allow space in the pans between hams. 2. Bake uncovered at 325° F. (slow) 4-1/4 hours or until tender. |
| 20 lb. <u>or</u> | | Boneless smoked shoulder | | |
| GLAZE I 14 oz. | 2 cups, packed 1/2 cup | Brown sugar | | 3. The hams may be glazed if desired. To glaze, trim rind and excess fat from hams after they have been baked 3-1/2 hours. Brush with glaze I or II (for glaze I, mix the 3 ingredients together). Return hams to oven for 30 minutes. |
| | 2 tsp. | Vinegar Powdered dry mustard | | |
| GLAZE II 1 lb. 8 oz.. | 2 cups | Honey | | |

PORTION: 1 slice--provides 2 ounces cooked lean meat.

VARIATION

- BAKED SMOKED HAM (LONG CURE): Soak hams overnight in cold water. Cover with fresh water and simmer until tender (card D-4). Glaze as above and bake at 400° F. (hot) about 15 minutes or until glaze browns.

(over)

BAKED SMOKED HAM (mild cure)--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Baked Smoked Ham Green Peas and Carrots Citrus Fruit Cup Fig Bar Cornbread Butter or Margarine 1/2 Pint Milk | Baked Smoked Ham Lima Beans Tomato and Lettuce Salad Stewed Raisins Gingerbread Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | |

| 100 Portions | | Ingredients | For Portions | Directions |
|--|---|---|---|---|
| Weights | Measures | | | |
| 20 lb. | | Whiting fillets (fresh or frozen) | | 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. Place in a single layer in well-greased baking pans. |
| 1-1/2 oz. 2 oz. 1 lb. 4 oz. | 1/4 cup 1/4 cup 3 tbsps. 2-1/2 cups 1-1/4 cups | Chopped onion Salt Paprika Melted fat or oil.. Lemon juice | | 2. Add onion, salt, and paprika to fat or oil. Gradually add lemon juice, beating constantly until blended. 3. Cover fish with the sauce. 4. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork. |

PORTION: 1 portion--provides 2 ounces cooked fish.

VARIATIONS

1. BAKED COD FILLETS: Use 20 pounds cod fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
2. BAKED HADDOCK FILLETS: Use 20 pounds haddock fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
3. BAKED OCEAN PERCH FILLETS: Use 20 pounds ocean perch fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
4. BAKED POLLOCK FILLETS: Use 20 pounds pollock fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.

(over)

BAKED WHITING FILLETS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Baked Whiting Fillets</p> <p>Green Asparagus</p> <p>Tomato Aspic</p> <p>Chocolate Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Baked Whiting Fillets</p> <p>Creole Eggplant</p> <p>Cabbage and Green Pepper Salad</p> <p>Raisin Square</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

BARBECUED BEEF

Main Dishes (protein-rich) D-13

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------|--------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 4 oz. | 1/2 cup.... | Fat or oil..... | | 1. Combine fat or oil, liquids, sugar, vegetables, and seasonings. Heat thoroughly but do not cook enough to soften vegetables. |
| | 1-1/4 cups | Vinegar | | |
| | 1-1/2 qt. .. | Water | | |
| 5 lb. 10 oz. | 2-1/2 qt. .. | Catsup | | |
| 7 oz. | 1 cup, | Brown sugar | | |
| | packed | | | |
| 12 oz. | 2 cups | Chopped onion..... | | |
| 2 lb. | 2 qt. | Chopped celery... | | |
| 3/4 oz. ... | 1/4 cup.... | Powdered dry | | |
| | | mustard | | |
| 2 oz. | 1/4 cup.... | Salt | | 2. Add beef to the sauce. Reheat. |
| 12 lb. | 2-1/2 gal. | Chopped cooked | | |
| 8 oz. | | beef | | |
| | 100 | Hamburger rolls (card B-17) | | 3. Portion with a No. 12 scoop (1/3 cup). |
| 1 lb. | 2 cups | Melted butter or margarine | | 4. Serve between halves of a buttered roll. Toast rolls, if desired. |

PORTION: 1 sandwich--provides 2 ounces cooked lean meat.

(over)

BARBECUED BEEF--Continued

VARIATIONS

1. BARBECUED LAMB OR PORK: Use 12 pounds 8 ounces (2-1/2 gallons) lean chopped cooked lamb or pork in place of beef. One portion provides 2 ounces cooked lean meat.
2. BARBECUED CHICKEN OR TURKEY: Use 12 pounds 8 ounces (2-1/2 gallons) chopped cooked chicken or turkey in place of beef. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Barbecued Beef on Roll Spinach or Other Greens Baked Potato, Sweet or White Pear or Other Fruit Butter or Margarine 1/2 Pint Milk | Barbecued Beef on Roll Cauliflower Carrot Sticks Deep Dish Apple Pie Butter or Margarine 1/2 Pint Milk | |

BARBECUED HASH

Main Dishes (protein-rich) D-14

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. | 1 qt. 1-1/4 cups | Chopped onion..... | | 1. Cook onion and green pepper in fat or oil until onion is golden brown. |
| 4 lb. | 3 qt. | Chopped green pepper | | |
| 1 lb. | 2 cups..... | Fat or oil | | |
| 12 lb. 8 oz. | 2-1/2 gal. . | Chopped cooked beef, pork, or veal | | 2. Add meat, potatoes, and water. |
| 13 lb. | 1 gal. 2-1/2 qt. | Chopped cooked potatoes | | |
| | 1 gal. | Water | | 3. Combine seasonings with the meat mixture. 4. Place in 4 baking pans (about 12 by 20 by 2 inches), 1 gallon 1-1/2 quarts or 11 pounds 8 ounces per pan. 5. Bake at 400° F. (hot) about 1 hour or until brown. |
| 2 lb. | 3-1/2 cups | Catsup | | |
| 2 lb. | 3-1/3 cups | Chili sauce | | |
| 12 oz. | 1-1/3 cups | Worcestershire sauce | | |
| | 1-1/3 tbsp. | Chopped garlic | | |
| 4 oz. | 1/2 cup..... | Salt | | |
| 1 oz. | 1/4 cup.... | Chili powder | | |

PORTION: 3/4 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

(over)

BARBECUED HASH--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Barbecued Hash Kale or Other Greens Chocolate Pudding, Whipped Topping Bread Butter or Margarine 1/2 Pint Milk | Barbecued Hash Green Lima Beans Sauerkraut Cup Cake Roll Butter or Margarine 1/2 Pint Milk | |

BEEF STEW

Main Dishes (protein-rich) D-15

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|-------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 17 lb. | | Boneless beef stew meat | | 1. Cut beef in 1-inch cubes and brown in fat or oil. |
| 1 lb. | 2 cups | Fat or oil | | 2. Add water and simmer 2-1/2 hours or until meat is tender. |
| | 4-1/2 gal. . | Water | | 3. Skim off fat and blend with flour and salt. Stir into beef mixture. Cook until thickened, stirring constantly. |
| 2 lb. | 2 qt., sifted | All-purpose flour | | |
| 4 oz. | 1/2 cup | Salt | | |
| 1 lb. 4 oz. | 1 qt. | Quartered onions | | 4. Boil or steam vegetables until tender(card J-3 or J-5). |
| 9 lb. | 1 gal. 2-1/2 qt. | Diced potatoes ... | | 5. Add to the meat mixture; combine carefully. |
| 7 lb. | 1 gal. 1-1/2 qt. | Diced carrots | | |
| 4 lb. | 1 gal. | Celery, cut in 1-inch pieces | | |
| | 1 tsp. | Gravy seasoning sauce, if needed | | |

PORTION: 1 cup--provides 2 ounces cooked lean meat and 1/2 cup vegetable.

(over)

BEEF STEW--Continued

VARIATIONS

1. LAMB STEW: Use 18 pounds boneless lamb stew meat in place of beef. One portion provides 2 ounces cooked lean meat and 1/2 cup vegetable.
2. BEEF OR LAMB PIE: Place hot stew mixture, about 1-1/4 gallons per pan, in 4 baking pans (12 by 16 by 3 inches). Top with biscuits (card B-1) and bake. One portion provides 2 ounces cooked lean meat and 1/2 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Beef Stew Cole Slaw Peach Upside-Down Cake Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | Beef Stew Pineapple-Orange Salad Jelly Roll Biscuit Butter or Margarine 1/2 Pint Milk | |

BOILED LIMAS AND HAM

Main Dishes (protein-rich) D-16

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------------|--------------------------------------|---|-----------------------|---|
| Weights | Measures | | | |
| 4 lb. 8 oz. | 3 qt. 1-3/4 gal. | Large dry lima beans Water..... | | 1. Sort and wash beans. Bring water to boiling and add beans. Boil 2 minutes, remove from heat and let soak 1 hour. If more convenient, soak beans overnight after the 2-minute boil. |
| 6 lb. 6 oz. 1/2 oz | 1-1/4 gal. 1/2 cup 1 tbsp | Diced cooked lean smoked ham Salt | | 2. Add ham and salt to beans and boil gently until beans are tender, about 1 hour. Add water, if needed, to prevent sticking. |

PORTION: 1/3 cup--provides the equivalent of 2 ounces protein-rich food. (over)

BOILED LIMAS AND HAM--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Boiled Limas and Ham Turnip Greens or Other Greens Fruit Cup Peanut Butter Bar Cornbread Butter or Margarine 1/2 Pint Milk | Boiled Limas and Ham Tossed Green Salad Orange Juice Sugar Plumped Prunes Roll Butter or Margarine 1/2 Pint Milk | |

BRAISED LAMB SHANKS WITH VEGETABLES

Main Dishes (protein-rich) D-17

| 100 Portions | | Ingredients | For Portions | Directions |
|--------------|-------------------|---|-----------------|--|
| Weights | Measures | | | |
| | 100 | Lamb shanks..... | | 1. Roll lamb shanks in flour and salt which have been sifted together and place in 4 baking pans (about 12 by 20 by 2 inches). 2. Combine other ingredients and place over the lamb shanks. 3. Bake covered at 350° F. (moderate) 3-1/2 hours. Remove cover the last 1/2 hour to brown the meat. |
| 12 oz. | 3 cups, sifted | All-purpose flour.. | | |
| 1-1/4 oz. . | 2-2/3 tbsp. | Salt | | |
| 6 lb. | 1-1/2 gal.. | Rutabagas, turnips, sweetpotatoes, or potatoes, cut in 1/2-inch pieces | | |
| 1 lb. 8 oz. | 1 qt. | Chopped onion.... | | |
| | 1-1/2 gal. . | Canned tomatoes.. | | |
| 6 lb. | 1-1/2 gal. . | Carrots, cut in 1/2-inch pieces | | |
| 6 lb. | 1 gal. 1/2 qt. | Frozen Fordhook lima beans | | |
| 4 oz. | 1/2 cup.... | Salt | | |
| 2 oz. | 1/4 cup.... | Celery salt | | |
| | 1 tbsp. | Pepper | | |

PORTION: 1 shank plus vegetables--provides 2 ounces cooked lean meat and about 1/2 cup vegetable.

(over)

BRAISED LAMB SHANKS WITH VEGETABLES--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Braised Lamb Shank With Vegetables Mint Jelly Perfection-Green Pepper Salad Brown Bread Butter or Margarine 1/2 Pint Milk | Braised Lamb Shank With Vegetables Grapefruit Juice Cherry Pie Rye Bread Butter or Margarine 1/2 Pint Milk | |

BRAISED LIVER

Main Dishes (protein-rich) D-18

| 100 Portions | | Ingredients | For — Portions | Directions |
|---------------|------------------|-------------------|----------------------|--|
| Weights | Measures | | | |
| 18 lb. . . . | | Beef liver..... | | 1. Skin the liver and cut in 1-inch pieces. |
| 2 lb. | 2 qt., sifted | All-purpose flour | | 2. Roll the liver in flour and salt which have been sifted together. Brown in fat or oil. |
| 1 oz. | 2 tbsp. . . . | Salt | | |
| 1 lb. | 2 cups..... | Fat or oil..... | | |
| | 1 gal. | Hot water..... | | 3. Place liver in 4 baking pans (about 12 by 20 by 2 inches). Pour water over liver. If desired, use 2 quarts tomato puree and 2 quarts water in place of the water. |
| | | | | 4. Bake uncovered at 350° F. (moderate) 45 minutes. |
| | | | | 5. Serve over noodles, grits, or mashed potatoes. |

PORTION: About 1/3 cup--provides 2 ounces cooked lean meat. (over)

BRAISED LIVER--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Braised Liver</p> <p>Mashed Potatoes</p> <p>Creole Tomatoes</p> <p>Peach Shortcake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Braised Liver</p> <p>Green Peas</p> <p>Tomato Aspic Salad</p> <p>Gingerbread with Lemon Sauce</p> <p>Poppy Seed Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

CASSEROLE OF HEART WITH STUFFING

Main Dishes (protein-rich) D-19

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|---------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. 2 oz. | 3 cups | Chopped onion | | 1. Cook vegetables in the fat until they are clear but not brown; remove from the heat. |
| 1 lb. | 1 qt. | Chopped celery | | |
| 2 lb. 8 oz. | 1-1/4 qt. .. | Butter or margarine | | |
| 7 lb. 8 oz. | 6 gal. | Untrimmed soft bread cubes | | 2. Add bread and seasonings; toss to mix. |
| 1-1/2 oz. . | 3 tbsp. | Salt | | |
| | 2 tbsp. | Poultry seasoning. | | 3. Place alternate layers of heart and stuffing in 4 baking pans (about 12 by 20 by 2 inches), having stuffing on top. |
| 6 lb. 4 oz. | 1 gal. 2-1/4 qt. | Cooked chopped heart | | |
| 10 oz. | 1-1/4 cups | Butter, margarine, or beef suet | | 4. Prepare gravy (card H-2). Pour 1 quart of gravy over each pan of mixture. |
| 8 oz. | 2 cups, sifted | All-purpose flour | | |
| | 1 gal. | Broth from heart .. | | 5. Bake at 400° F. (hot) about 30 minutes or until brown. |
| | 2-1/2 tsp.. | Salt | | |
| | | Gravy coloring, if desired | | |

PORTION: About 1/2 cup--provides 1 ounce cooked lean meat. (over)

CASSEROLE OF HEART WITH STUFFING--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Casserole of Heart with Stuffing</p> <p>Green Peas</p> <p>Celery Sticks with 1 ounce Cheese</p> <p>Fruit Salad with Orange Sections</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Casserole of Heart with Stuffing</p> <p>Turnip Greens with 1/2 Hard-Cooked Egg</p> <p>Buttered Whole-Kernel Corn</p> <p>Apple Crisp</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

CHEESE-POTATO CASSEROLE

Main Dishes (protein-rich) D-20

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------|----------------------------|-----------------------|--|
| Weights | Measures | | | |
| 25 lb. | 3 gal. 1/2 qt. | Diced cooked potatoes | | 1. Place potatoes in 4 baking pans (about 12 by 20 by 2 inches). |
| 12 oz. | 1-1/2 cups | Butter or margarine | | 2. Prepare white sauce (card H-8 or H-9). |
| 12 oz. | 3 cups, sifted | All-purpose flour | | |
| 4 oz. | 1/2 cup | Salt | | |
| | 2 gal. | Hot milk | | |
| 6 lb. 4 oz. | 1 gal. 2-1/4 qt.. | Grated cheese ... | | 3. Add cheese and stir until blended. |
| 8 oz. | 2 cups | Dry bread crumbs | | 4. Pour sauce on potatoes. |
| 2 oz. | 1/4 cup ... | Melted butter or margarine | | 5. Top with crumbs which have been mixed with the fat. |
| | | | | 6. Bake at 350° F. (moderate) about 1 hour or until brown. |

PORTION: About 2/3 cup--provides 1 ounce cheese and 1/2 cup vegetable.

(over)

CHEESE-POTATO CASSEROLE--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Cheese-Potato Casserole Spinach or Other Greens with 1/2 Hard-Cooked Egg Harvard Beets Pineapple-Rice Cream Cornbread Butter or Margarine 1/2 Pint Milk | Cheese-Potato Casserole 1 ounce Cold Baked Ham Broccoli Date Cup Cake Roll Butter or Margarine 1/2 Pint Milk | |

CHEESE RAREBIT

Main Dishes (protein-rich) D-21

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------|----------------------|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. 8 oz. | 1-1/4 qt. . . | Butter or margarine | | 1. Prepare white sauce (card H-8 or H-9), adding mustard and paprika with the salt. |
| 1 lb. 4 oz. | 1-1/4 qt., sifted | All-purpose flour. | | |
| | 1-1/3 tbsp. | Salt..... | | |
| | 1-1/3 tbsp. | Powdered dry mustard | | |
| | 1/4 tsp. . . . | Paprika | | |
| | 2 gal. | Hot milk. | | 2. Blend in the cheese. |
| 12 lb. | 3 gal. | Grated cheese ... | | |
| | 1 cup (5) .. | Eggs, beaten. | | 3. Remove from heat and add eggs. Reheat. |
| | | | | 4. Serve on toast or cooked rice. |

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. TOMATO RAREBIT: Use tomato juice in place of milk. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

CHEESE RAREBIT--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Cheese Rarebit on Rice Green Beans Tomato Juice Cottage Pudding with Chocolate Sauce Bread Butter or Margarine 1/2 Pint Milk | Cheese Rarebit on Toast Cubes Green Peas Baked Potato, Sweet or White Apricot Whip Butter or Margarine 1/2 Pint Milk | |

CHICKEN-CORN SCALLOP

Main Dishes (protein-rich) D-22

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------------|----------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 2 lb. | 1 qt. | Butter or margarine | | 1. Melt the fat, blend in flour and salt. Stir into broth. Cook until thickened, stirring constantly. |
| 2 lb. 4 oz. | 2-1/4 qt.... | All-purpose flour | | |
| | sifted | | | |
| | 1-1/2 gal. . | Hot chicken broth.. | | |
| 1 oz. | 2 tbsp. | Salt | | 2. Add salt and onion. Blend. |
| 3 oz. | 1/2 cup | Chopped onion | | |
| 11 lb. | 2 gal. 3/4 qt. | Coarsely chopped cooked chicken | | 3. Combine sauce, chicken, corn, cheese, and pimiento. |
| 10 lb. | 1 gal. | Drained cooked whole-kernel corn | | 4. Place mixture in 4 baking pans (about 12 by 20 by 2 inches), 1 gallon 1 cup or 9 pounds 8 ounces per pan. |
| 1 lb. 8 oz. | 2-1/2 qt. | Grated cheese | | |
| 12 oz. | 1-1/2 cups | Chopped pimiento.. | | |
| 1 lb. | 1 qt. | Dry bread crumbs | | 5. Top with crumbs which have been mixed with the fat. |
| 8 oz. | 1 cup | Melted butter or margarine | | 6. Bake at 350° F. (moderate) 45 minutes or until crumbs are brown. |

PORTION: 2/3 cup--provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

(over)

CHICKEN-CORN SCALLOP--Continued

VARIATION

1. TURKEY-CORN SCALLOP: Use 11 pounds (2 gallons $3/4$ quart) coarsely chopped turkey in place of chicken. One portion provides the equivalent of 2 ounces protein-rich food and $1/4$ cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Chicken-Corn Scallop Beet Greens or Other Greens Carrot or Celery Sticks Butterscotch Pudding Biscuit Butter or Margarine $1/2$ Pint Milk | Chicken-Corn Scallop Broccoli Apple or Other Fruit Bread Butter or Margarine $1/2$ Pint Milk | |

CHICKEN SPOONBREAD

Main Dishes (protein-rich) D-23

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------------------|--------------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 2 lb. | 1-1/2 qt. . . | Cornmeal..... | | 1. Combine cornmeal, tapioca, salt, and broth in top of double boiler or in stock pot. |
| 4 oz. | 2/3 cup..... | Granulated tapioca | | |
| 2 oz. | 1/4 cup..... | Salt | | |
| | 2 gal. | Chicken broth | | |
| 1 lb. | 2 cups..... | Butter, margarine, or chicken fat | | 2. Stir in the fat. Remove from heat. Cool slightly. |
| | 2-2/3 cups (32) | Egg yolks | | 3. Beat egg yolks and blend into cornmeal mixture. Add chopped chicken. |
| 8 lb. 8 oz. | 1-1/2 gal. 3-1/4 cups | Chopped cooked chicken | | |
| | 1 qt. (32) | Egg whites | | 4. Beat egg whites until stiff and fold into chicken mixture. |
| | | | | 5. Place in 4 baking pans (about 12 by 20 by 2 inches), 1-1/4 gallons or 8 pounds per pan. |
| | | | | 6. Bake at 375° F. (moderate) 45 minutes or until brown. |
| | | | | 7. Serve with chicken gravy, if desired. |

PORTION: 2/3 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

CHICKEN SPOONBREAD---Continued

VARIATION

1. TURKEY SPOONBREAD: Use 8 pounds 8 ounces (1-1/2 gallons 3-1/4 cups) chopped cooked turkey in place of chicken. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Chicken Spoonbread Turnip Greens or Other Greens Raisin and Carrot Salad Brownie Bread Butter or Margarine 1/2 Pint Milk | Chicken Spoonbread Green Peas Cranberry Sauce Orange or Cantaloup Biscuit Butter or Margarine 1/2 Pint Milk | |

CHILI CON CARNE WITH BEANS

Main Dishes (protein-rich) D-24

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|---|-----------------------|--|
| Weights | Measures | | | |
| 9 lb..... | | Ground beef..... | | 1. Brown beef and onion in the fat or oil. |
| 1 lb..... | 2-2/3 cups. | Chopped onion ... | | |
| 1 lb..... | 2 cups..... | Fat or oil..... | | |
| | 3 qt. | Tomato puree.... | | 2. Add puree; simmer until beef is tender. |
| 4 oz | 1 cup, sifted | All-purpose flour. | | 3. Make a paste of the flour and water; add to beef mixture, stirring constantly. |
| | 1 cup..... | Water | | |
| 10 lb. 6 oz. | 1-1/2 gal.. | Canned or cooked pinto or kidney beans (card D-1) | | 4. Add beans and seasonings. |
| 2 oz | 1/4 cup..... | Salt..... | | 5. Cover and cook 1 to 1-1/2 hours or until flavors are, well blended and mixture is thickened, stirring occasionally to prevent sticking. |
| 1-1/2 oz .. | 1/3 cup..... | Chili powder..... | | |

PORTION: 2/3 cup--provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

CHILI CON CARNE WITH BEANS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Chili Con Carne with Beans Cabbage and Green Pepper Salad Stewed Apricots Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | Chili Con Carne with Beans Tossed Tomato and Cress Salad Apple or Other Fruit Rye Bread Butter or Margarine 1/2 Pint Milk | |

| 100 Portions | | Ingredients | For Portions | Directions |
|--|--|---|----------------------------------|---|
| Weights | Measures | | | |
| 12 cans (14 oz. each) | 1-1/2 gal... | Codfish flakes.... | | 1. Separate fish into flakes. |
| 1 lb. 8 oz. 1 lb. | 1 qt. 2 cups | Chopped onion.... Melted fat or oil.. | | 2. Cook onion in fat or oil until tender. |
| 16 lb. 9 oz. 2 oz. | 3-1/4 cups (16) 2 gal. 1 cup | Eggs, beaten..... Mashed potatoes.. Catsup..... Salt | | 3. Combine eggs, mashed potatoes, catsup, and salt with the fish and onion. |
| 1 lb. | 1 qt. | Dry bread crumbs | | 4. Portion fish mixture with a No. 16 scoop (1/4 cup). Form into 200 cakes. Roll in crumbs. |
| 1 lb. 8 oz. | 3 cups | Melted fat or oil.. | | 5. Place in a single layer on well-greased sheet pans. Pour the fat over the cakes. 6. Bake at 500° F. (extremely hot) about 8 to 10 minutes or until browned on bottom. Turn carefully and bake for 3 to 5 minutes longer or until brown. |

PORTION: 2 cakes--provide the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

(over)

CODFISH CAKES--Continued

VARIATIONS

1. FISH FLAKE CAKES: Use 12 cans (14 ounces each) or 1-1/2 gallons fish flakes in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.
2. PACIFIC SARDINE CAKES: Use 16 cans (15 ounces each) or 1-1/2 gallons drained Pacific sardines in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.
3. SALMON CAKES: Use 14 cans (16 ounces each) or 1-1/2 gallons drained salmon in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Codfish Cakes Brussels Sprouts Carrot and Celery Sticks Spiced Applesauce Bread Butter or Margarine 1/2 Pint Milk | Codfish Cakes Creamed Peas Raw Spinach Salad with Tomato Wedges Stewed Dried Fruit Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | |

CREAMED DRIED BEEF

Main Dishes (protein-rich) D-26

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------------------|-------------------------|--------------------------|--|
| Weights | Measures | | | |
| 3 lb. | 1-1/2 qt. . | Butter or margarine | | 1. Prepare white sauce (card H-8 or H-9). |
| 1 lb. 8 oz.. | 1-1/2 qt., sifted | All-purpose flour. | | |
| | 3 gal..... | Hot milk | | |
| 10 lb..... | | Dried beef, chopped | | 2. Add the dried beef and worcestershire sauce; |
| | 1 tbsp..... | Worcestershire sauce | | 3. Serve over rice, baked potato, or toast points. If served over rice, omit salt when cooking rice. |

PORTION: 3/4 cup--provides 2 ounces cooked lean meat.

VARIATION

1. CREAMED DRIED BEEF AND EGGS: Use only 5 pounds dried beef and add 50 quartered hard-cooked eggs. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

CREAMED DRIED BEEF --Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Creamed Dried Beef on Rice</p> <p>Broccoli</p> <p>Carrot-Raisin Salad</p> <p>Rye Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Creamed Dried Beef on Baked Potato</p> <p>Green Beans</p> <p>Applesauce</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

CREAMED EGGS

Main Dishes (protein-rich) D-27

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|---|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. | 1 qt..... | Butter or margarine All-purpose flour. Salt..... Hot milk..... | | 1. Prepare white sauce (card H-8 or H-9). |
| 1 lb..... | 1 qt., sifted | | | |
| 1-1/2 oz .. | 3 tbsp..... | | | |
| | 2 gal..... | | | |
| | 100 | Hard-cooked eggs, quartered | | 2. Place eggs in baking pans and cover with hot white sauce. Reheat if necessary. 3. Serve on split cornbread, or toasted bread cubes, if desired. |

PORTION: About 1/2 cup--provides 1 egg.

(over)

CREAMED EGGS--Continued

VARIATIONS

1. CREAMED EGGS AND HAM: Use only 50 eggs and add 6 pounds 4 ounces (1-1/4 gallons) cubed cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
2. CREAMED EGGS AND LUNCHEON MEAT: Use only 50 eggs and add 6 pounds 4 ounces (1 gallon 3/4 quart) cubed luncheon meat. One portion provides the equivalent of 2 ounces protein-rich food.
3. CREAMED EGGS AND FRANKFURTERS: Use only 50 eggs and add 6 pounds 4 ounces sliced frankfurters. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Creamed Eggs on Cheese Biscuit Tossed Green Salad with Spinach Raspberries Graham Crackers Butter or Margarine 1/2 Pint Milk | Creamed Eggs on Toast Wedges Baked Potato, White or Sweet Green Asparagus Salad Apple and Raisin Cobbler Butter or Margarine 1/2 Pint Milk | |

CREAMED TURKEY

Main Dishes (protein-rich) D-28

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------|---------------|---------------------|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. | 1 qt. | Butter or margarine | | 1. Prepare white sauce (card H-8 or H-9). |
| 1 lb. | 1 qt., sifted | All-purpose flour | | |
| 2 oz. | 1/4 cup | Salt | | |
| | 2 gal. | Hot milk | | |
| 12 lb. 8 oz. | 2-1/2 gal. . | Diced cooked turkey | | 2. Add turkey. Heat and serve on rice, noodles, or toast. |

PORTION: About 1/2 cup--provides 2 ounces cooked lean meat.

VARIATIONS

1. CREAMED CHICKEN: Use 12 pounds 8 ounces (2-1/2 gallons) diced cooked chicken in place of turkey. One portion provides 2 ounces cooked lean meat.
2. CURRIED TURKEY: Add 2 to 3 teaspoons curry powder. One portion provides 2 ounces cooked lean meat.
3. TURKEY A LA KING: Add 10 ounces (2 cups) chopped green pepper and 1 pound (2 cups) chopped pimientos. One portion provides 2 ounces cooked lean meat.

(over)

CREAMED TURKEY--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p> Creamed Turkey on Rice Green Asparagus Cranberry Sauce Apple or Other Fruit Muffin Butter or Margarine 1/2 Pint Milk </p> | <p> Creamed Turkey on Mashed Potatoes Broccoli Date Cup Cake Apple Butter Whole Wheat Roll Butter or Margarine 1/2 Pint Milk </p> | |

DEVILED EGGS

Main Dishes (protein-rich) D-29

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|---|--|----------------------------------|--|
| Weights | Measures | | | |
| | 100..... | Hard-cooked eggs. | | 1. Peel hard-cooked eggs. Cut in halves lengthwise. Remove yolks and mash them. |
| 1-1/2 oz.. 1 lb..... | 3 tbsp..... 2 tbsp..... 3 cups..... About 3 cups | Salt Powdered dry mustard Chopped sweet pickle Cooked salad dressing (card F-2) | | 2. Add salt, mustard, pickle, and salad dressing. Mix until well blended. 3. Fill each half egg with about 1 tablespoon yolk mixture. |

PORTION: 2 stuffed egg halves--provide 1 egg.

VARIATION

1. DEVILED EGGS DELUXE: Add 2 pounds (1 quart) cottage cheese to the filling mixture. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

DEVILED EGGS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Deviled Eggs Collards or Other Greens Hot Potato Salad Caramel Bread Pudding Bread Butter or Margarine 1/2 Pint Milk | Deviled Eggs Creamed Green Asparagus on Toast Spanish Rice Apricot Upside-Down Cake Butter or Margarine 1/2 Pint Milk | |

FRANKFURTER CASSEROLE

Main Dishes (protein-rich) D-30

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-------------------------------------|--|---|-------------------------|---|
| Weights | Measures | | | |
| 1 lb. | 2 cups | Butter or margarine | | 1. Prepare white sauce (card H-8 or H-9). |
| 1 lb. 1-1/2 oz. . | 1 qt., sifted 3-1/3 tbsp. 1-1/2 gal. | All-purpose flour Salt Hot milk | | |
| 4 lb. | 3 qt. 1/2 cup | Sliced carrots | | 2. Steam carrots until tender. (card J-5). |
| 1 lb. 4 oz. 3/4 oz. ... | 2-1/4 qt. . 3 qt. 1-1/2 tbsp. | Uncooked noodles Boiling water. Salt | | 3. Cook noodles about 10 minutes. |
| 12 lb. 8 oz. 5 lb. | 3 qt. | Frankfurters Drained cooked green peas | | 4. Place a layer of noodles in 4 baking pans (about 12 by 20 by 2 inches) and slice frankfurters over noodles. Add alternate layers of carrots and peas. Pour white sauce over all. |
| 8 oz. 2 oz. | 2 cups 1/4 cup... | Dry bread crumbs Melted butter or margarine | | 5. Top with crumbs which have been mixed with the fat. 6. Bake at 350° F. (moderate) about 35 to 40 minutes or until brown. |

PORTION: 3/4 cup--provides 2 ounces cooked lean meat.

(over)

FRANKFURTER CASSEROLE--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Frankfurter Casserole</p> <p>Tomatoes</p> <p>Baked Apple Stuffed with Raisins</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Frankfurter Casserole</p> <p>Collards or Other Greens</p> <p>Fruit Cup</p> <p>Plain Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For — Portions | Directions |
|--|--|--|---|--|
| Weights | Measures | | | |
| 4 lb. 1 oz. | 2 gal. 2 tbsp. | Spaghetti Boiling water Salt | | 1. Cook spaghetti (card B-6). |
| 14 lb. 8 oz. 3 lb. | 2 qt. | Ground beef Chopped onion | | 2. Cook beef and onion until beef is brown and onion is tender. |
| 2 lb. 4 lb. 12 oz. 6 oz. 1 oz. | 2 qt. 2 qt. 1-1/2 qt. 3/4 cup 2 tbsp. | Grated cheese Tomato paste Tomato puree Salt | | 3. Blend cheese with the meat mixture. Add the tomato paste and puree, salt, and sugar. 4. Stir in spaghetti and mix. 5. Reheat and serve. |

PORTION: 1 cup--provides the equivalent of 2 ounces protein-rich food and about 1/4 cup vegetable.

VARIATION

1. STUFFED PEPPERS: Prepare 1/2 the recipe for ground beef and spaghetti. Using a No. 8 scoop (1/2 cup), fill halves of parboiled green peppers with ground beef and spaghetti mixture. Place in baking pans and bake at 400° F. (hot) until brown. One portion provides the equivalent of 1 ounce protein-rich food and about 1/4 cup vegetable.

(over)

GROUND BEEF AND SPAGHETTI--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Ground Beef and Spaghetti</p> <p>Cole Slaw</p> <p>Peach Crisp</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Ground Beef and Spaghetti</p> <p>Turnip Greens or Other Greens</p> <p>Grapefruit Salad</p> <p>Oatmeal Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

HAM-BEAN SCALLOP

Main Dishes (protein-rich) D-32

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|---|--|--|--|--|
| Weights | Measures | | | |
| 5 lb. 8 oz. 2 oz. | 2 gal. 1/4 cup... | Dry beans..... Water Salt | | 1. Soak and cook beans (card D-1). |
| 12 oz. 1 lb. 6 oz. | 1-1/2 cups 2-2/3 cups 1-1/2 cups, sifted 1 tbsp. ... | Butter or margarine Chopped onion.... All-purpose flour Powdered dry mustard Salt Hot milk..... Grated cheese Worcestershire sauce | | 2. Melt the fat; add onion and cook until tender. Blend in flour, dry mustard, and salt. Stir into milk. Cook until thickened, stirring frequently. 3. Add the cheese and worcestershire sauce. |
| 3 lb. 6 oz. | 2-3/4 qt. . | Diced cooked smoked ham | | 4. Combine beans, ham, and sauce. 5. Place in 2 baking pans (about 12 by 20 by 2 inches). |
| 8 oz. 2 oz. | 2 cups 1/4 cup... | Dry bread crumbs Melted butter or margarine | | 6. Top with crumbs which have been mixed with the fat. 7. Bake at 350° F. (moderate) about 40 minutes. |

PORTION: about 1/3 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

HAM-BEAN SCALLOP---Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Ham-Bean Scallop Turnip Greens or Other Greens Celery Sticks Fruit Cup Cornbread Butter or Margarine 1/2 Pint Milk | Ham-Bean Scallop Whole Carrots Orange Wedges Bran Muffin Butter or Margarine 1/2 Pint Milk | |

HAMBURGERS

Main Dishes (protein-rich) D-33

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|-----------------------------------|--|-------------------------|---|
| Weights | Measures | | | |
| 17 lb. 1 lb. 2 oz. | 2-2/3 cups 1/4 cup... | Ground beef..... Chopped onion.... Salt..... | | 1. Mix ingredients to blend. 2. Portion with a No. 12 scoop (1/3 cup) on to greased sheet pans. Flatten with a spatula. <div>or</div> Shape patties and arrange in 3 layers on sheet pans. Separate the layers with 3-inch-wide strips of aluminum foil. 3. Bake single layers at 400° F. (hot) 15 minutes for medium, 20 minutes for well-done meat. Bake 3 layers at 375° F. (moderate) 35 to 40 minutes or until done. 4. If desired, serve on a heated buttered hamburger roll with a slice of dill pickle. |

PORTION: 1 patty--provides 2 ounces cooked lean meat. (over)

VARIATION

1. CHEESEBURGERS: Prepare half the amount of hamburger mix; portion with a No. 24 scoop (2-2/3 tablespoons). Bake at 400° F. (hot) for 10 minutes. Spread butter or margarine on rolls. Place baked patties on bottom halves of rolls on sheet pans. Top with 1 ounce slice of cheese and top half of roll. Return to oven for 5 minutes to heat. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Hamburger on Roll Potato Salad Tomato Slices Onion Slices and Pickles Ice Cream Butter or Margarine 1/2 Pint Milk | Hamburger on Roll Green Peas Radishes Canteloup or Orange Butter or Margarine 1/2 Pint Milk | |

HAM LOAF

Main Dishes (protein-rich) D-34

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-------------------------|---------------------------------|--|-------------------------|--|
| Weights | Measures | | | |
| 1 lb. | 2-1/4 qt. . . 1 qt. | Lukewarm water Rolled oats..... | | 1. Pour water over oats, allow to stand 10 minutes. |
| 3 lb. | 3-1/4 cups (16) 3 qt..... | Eggs, slightly beaten Coarse dry bread crumbs | | 2. Add eggs, crumbs, half the tomato puree, and season- ings. Mix to blend. |
| | 2-1/4 qt. . 2 tsp. | Tomato puree ... Powdered dry mustard | | |
| 1-1/2 oz. . | 3 tbsp. ... | Salt | | |
| 8 lb. | | Ground smoked ham | | 3. Add meat and mix thoroughly. |
| 5 lb. | | Ground fresh ham | | 4. Place in 4 baking pans (about 12 by 20 by 2 inches), 3-3/4 quarts or 7 pounds 12 ounces per pan. |
| 5 lb. | | Ground beef | | 5. Pour remaining tomato puree over loaves. 6. Bake at 350° F. (moderate) 1-1/2 to 2 hours. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches (4-1/2 ounces)--provides the equivalent of 2 ounces protein-rich food. (over)

HAM LOAF--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Ham Loaf Mashed Rutabaga Applesauce Biscuit Butter or Margarine 1/2 Pint Milk | Ham Loaf Chinese Cabbage Salad Potato Puff Honey-Nut Cookies Bread Butter or Margarine 1/2 Pint Milk | |

LIVER CREOLE

Main Dishes (protein-rich) D-35

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|---------------|----------------------|-----------------------|---|
| Weights | Measures | | | |
| 18 lb. | | Beef liver..... | | 1. Skin liver and cut in 1/2-inch cubes. Dredge with flour and brown in fat or oil. |
| 1 lb. | 1 qt., sifted | All-purpose flour | | |
| 1 lb. | 2 cups..... | Fat or oil..... | | |
| 1 lb. | 2-2/3 cups | Chopped onion.... | | 2. Add vegetables. Cover and simmer 20 minutes. |
| 1 lb. | 3 cups..... | Chopped green pepper | | |
| 4 lb. | 1 gal. | Chopped celery... | | 3. Stir in seasonings, tomatoes, and catsup. Simmer 15 minutes. 4. Remove cover and cook 10 minutes longer, stirring occasionally. |
| 2-1/2 oz. | 1/3 cup..... | Salt | | |
| 1-1/2 oz. | 3 tbsp. | Sugar | | |
| | 1-1/4 gal. . | Canned tomatoes | | |
| 14 oz. | 1-1/2 cups | Catsup | | |

PORTION: 1/2 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

(over)

LIVER CREOLE--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Liver Creole on Whipped Potatoes</p> <p>Grapefruit Juice</p> <p>Peach Tapioca</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Liver Creole on Rice</p> <p>Steamed Cabbage</p> <p>Baked Apple Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

MACARONI AND CHEESE

Main Dishes (protein-rich) D-36

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|--------------------|----------------------|-----------------------|--|
| Weights | Measures | | | |
| 6 oz. | 3/4 cup | Butter or margarine | | 1. Prepare white sauce (card H-8 or H-9). |
| 6 oz. | 1-1/2 cups, sifted | All-purpose flour | | |
| 2-1/2 oz. | 1/3 cup | Salt | | |
| | 1-1/2 gal. | Hot milk | | 2. Add the mustard and cheese; stir until blended. |
| | 2-2/3 tbsp. | Powdered dry mustard | | |
| 6 lb. 4 oz. | 1 gal. 2-1/4 qt. | Grated cheese | | |
| 3 lb. 12 oz. | 3-3/4 qt. | Macaroni | | 3. Cook macaroni (card B-6). 4. Combine macaroni and cheese sauce. 5. Pour into 3 baking pans (about 12 by 20 by 2 inches), about 1-1/4 gallons or 10 pounds 4 ounces per pan. 6. Bake at 350° F. (moderate) 1 hour or until brown. |
| | 2-1/4 gal. | Boiling water | | |
| 2 oz. | 1/4 cup | Salt | | |

PORTION: 1/2 cup--provides 1 ounce cheese.

(over)

MACARONI AND CHEESE --Continued

VARIATIONS

1. MACARONI, CHEESE, AND EGGS: Use only 4 pounds 8 ounces (1 gallon 1/2 quart) grated cheese and add 28 hard-cooked eggs, quartered. One portion provides the equivalent of 1 ounce protein-rich food.
2. MACARONI, CHEESE, AND HAM: Use only 4 pounds 8 ounces (1 gallon 1/2 quart) grated cheese and add 1 pound 12 ounces (1-1/2 quarts) diced cooked ham. One portion provides the equivalent of 1 ounce protein-rich food.
3. MACARONI, CHEESE, AND DRIED BEEF: Use only 4 pounds 8 ounces (1 gallon 1/2 quart) grated cheese and add 1 pound 8 ounces dried beef. Reduce the salt to 1-1/2 ounces (3 tablespoons). One portion provides the equivalent of 1 ounce protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Macaroni and Cheese Green Peas Orange-Pineapple Fruit Cup Peanut Butter-Raisin Cookies Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | Macaroni and Cheese Spinach Salad with 1/2 Hard-Cooked Egg Tomato Juice Date Bar Vienna Bread Butter or Margarine 1/2 Pint Milk | |

MEAT LOAF

Main Dishes (protein-rich) D-37

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|---|--|
| Weights | Measures | | | |
| 1 lb. | 1-1/2 qt. . | Bread slices Milk..... | | 1. Beat bread and milk in mixer 2 minutes on low speed, or soak bread in the milk. |
| 12 oz. 12 oz. 13 lb. 2 oz. | 2 cups 3 cups 1/4 cup 1/4 cup | Chopped onion Chopped celery... Ground beef Salt Worcestershire sauce | | 2. Combine bread mixture with the rest of the ingredients. Mix well (in mixer, 3 minutes on low speed). 3. Pack in greased loaf pans (about 4 by 10 by 4 inches), 1 quart 3/4 cup or 2 pounds 8 ounces per pan. 4. Bake at 375° F. (moderate) 1 hour and 10 minutes. |
| | 1/2 cup 1-1/4 qt. . (25) | Chopped parsley.. Eggs, slightly beaten | | |

PORTION: 1 slice, 3/4 inch thick (about 2-1/2 ounces)--provides the equivalent of 2 ounces protein-rich food.

(over)

MEAT LOAF--Continued

VARIATIONS

1. CHEESE-MEAT LOAF: Use only 10 pounds of ground beef and add 2 pounds (2 quarts) grated cheese. One portion provides the equivalent of 2 ounces protein-rich food.
2. BEEF-PORK LOAF: Use only 7 pounds 4 ounces ground beef and add 7 pounds ground fresh pork. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|-------------------------------------|-------------------------|-----------------------------|
| Meat Loaf with Tomato Sauce | Meat Loaf | |
| Potato in Jacket, Sweet or White | Creamed Broccoli | |
| Combination Vegetable Salad | Carrot and Raisin Salad | |
| Hot Roll | Rye Bread | |
| Honey Butter | Butter or Margarine | |
| 1/2 Pint Milk | 1/2 Pint Milk | |

SCALLOPED BEEF AND POTATOES

Main Dishes (protein-rich) D-43

| 100 Portions | | Ingredients | For Portions | Directions |
|--------------|----------------|----------------------|-----------------|--|
| Weights | Measures | | | |
| 18 lb. | | Pared potatoes | | 1. Slice potatoes. |
| 17 lb. | | Ground beef | | 2. Brown the beef and onion. Add salt. |
| 3 oz. | 1/2 cup .. | Chopped onion | | |
| 2 oz. | 1/4 cup .. | Salt | | |
| 1 lb. | 2 cups | Butter or Margarine | | 3. Prepare white sauce (card H-8 or H-9). |
| 8 oz. | 2 cups, sifted | All-purpose flour .. | | 4. Place alternate layers of potatoes and beef in 3 baking pans (about 12 by 20 by 2 inches). Cover with sauce, 2 quarts to each pan. |
| 4 oz. | 1/2 cup .. | Salt | | 5. Cover and bake at 350° F. (moderate) 1 1/2 hour. Remove cover and bake about 1 hour longer or until potatoes are cooked and top is brown. |
| | 2 gal..... | Hot milk | | |

PORTION: 3/4 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable. (over)

SCALLOPED BEEF AND POTATOES--Continued

VARIATIONS

1. SCALLOPED FRANKFURTERS AND POTATOES: Use 12 pounds 8 ounces sliced frankfurters in place of ground beef and omit the onion. Place frankfurters between two layers of potatoes in baking pans. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.
2. SCALLOPED HAM AND POTATOES: Use 12 pounds 8 ounces (2-1/2 gallons) cooked diced lean smoked ham in place of ground beef and omit the onion. Place ham between two layers of potatoes in baking pans. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Scalloped Beef and Potatoes Cole Slaw with Green Pepper Sliced Peaches Bran Muffin Butter or Margarine 1/2 Pint Milk | Scalloped Beef and Potatoes Broccoli Cherry Crisp Bread Butter or Margarine 1/2 Pint Milk | |

SCRAMBLED EGGS

Main Dishes (protein-rich) D-44

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------|------------------------------|-------------------------------|-----------------------|--|
| Weights | Measures | | | |
| | 1-1/4 gal. (100) | Eggs | | 1. Beat eggs slightly. |
| 1-1/4 oz. | 2-2/3 tbsp. 2-1/2 qt. . . | Salt Hot milk | | 2. Add salt and milk and mix. |
| 1 lb. | 2 cups | Melted butter or margarine | | 3. Pour 8 ounces (1 cup) of the fat into each of 2 baking pans (about 12 by 20 by 2 inches). Then add about 1 gallon or 8 pounds 5 ounces egg mixture per pan. 4. Bake at 350° F. (moderate) about 20 to 25 minutes; stir once after 10 minutes baking. |

PORTION: 1/3 cup--provides 1 egg.

VARIATIONS

1. SCRAMBLED EGGS AND CHEESE: Use only 1 gallon 1 cup (85) eggs and add 1 pound 14 ounces (1 quart 3-1/2 cups) grated cheese. One portion provides the equivalent of 2 ounces protein-rich food.
2. SCRAMBLED EGGS AND HAM: Use only 1 gallon 1 cup (85) eggs and add 1 pound 14 ounces (1-1/2 quarts) ground cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
3. SCRAMBLED EGGS AND DRIED BEEF: Use only 1 gallon 1 cup (85) eggs and add 1 pound 8 ounces chopped dried beef. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

SCRAMBLED EGGS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Scrambled Eggs</p> <p>Green Peas</p> <p>Grapefruit Juice</p> <p>Pineapple Upside - Down Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Scrambled Eggs</p> <p>Cooked Dry Lima Beans</p> <p>Chopped Raw Spinach and Tomato Salad</p> <p>Stewed Prunes</p> <p>Cornbread</p> <p>Butter of Margarine</p> <p>1/2 Pint Milk</p> | |

SHEPHERD'S PIE

Main Dishes (protein-rich) D-45

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|----------------------------------|--|
| Weights | Measures | | | |
| 17 lb. | | Boneless beef stew meat | | 1. Cut beef in 1-inch cubes and brown in fat or oil. Add the water and simmer until meat is tender. |
| 1 lb. | 2 cups 4-1/2 gal. | Fat or oil..... Water | | |
| 2 lb. 4 oz. | 2 qt., sifted 1/2 cup ... 1 tsp. | All-purpose flour Salt Gravy seasoning sauce | | 2. Skim off fat and blend with the flour and salt. Stir into beef mixture. Cook until thickened, stirring constantly. Add gravy seasoning sauce. |
| 1 lb. 4 oz. 6 lb. | 1 qt. 1 gal. 3/4 qt. | Quartered onions Diced carrots | | 3. Boil vegetables until tender (card J-12). |
| 3 lb. | 3 qt. | Celery, cut in 1- inch pieces | | 4. Add vegetables to meat. Mix carefully. |
| 12 lb. 1 oz. 8 oz. | 2 cups 2 tbsp. ... 1 cup | Pared potatoes ... Hot milk..... Salt Melted butter or margarine | | 5. Divide mixture into 4 baking pans (about 12 by 20 by 2 inches). |
| | | | | 6. Prepare mashed potatoes (card J-12). |
| | | | | 7. Using a No. 16 scoop (1/4 cup) portion mashed potatoes over beef mixture. |
| | | | | 8. Bake at 400° F. (hot) until brown. |

PORTION: 1 cup--provides 2 ounces cooked lean meat and 1/2 cup vegetable.

(over)

SHEPHERD'S PIE--Continued

VARIATION

1. SHEPHERD'S PIE WITH LAMB: Use 18 pounds boneless lamb stew meat in place of beef. One portion provides 2 ounces cooked lean meat and 1/2 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Shepherd's Pie Jellied Fruit Salad Tomato Juice Cookies Bread Butter or Margarine 1/2 Pint Milk | Shepherd's Pie Cranberry-Orange Salad Apple or Pear Honey Roll Butter or Margarine 1/2 Pint Milk | |

SWISS STEAK

Main Dishes (protein-rich) D-46

| 100 Portions | | Ingredients | For Portions | Directions |
|--------------|-------------------|-------------------------------------|-----------------|---|
| Weights | Measures | | | |
| 18 lb..... | | Lean round steak, 1/2-inch thick | | 1. Cut steak into 100 portions about 2-3/4 ounces each. Roll in the flour and salt which have been sifted together. |
| 12 oz..... | 3 cups, sifted | All-purpose flour.. | | |
| 2 oz..... | 1/4 cup.. | Salt | | |
| 8 oz..... | 1 cup..... | Fat or oil | | 2. Brown the steak in the fat or oil. Place in 4 baking pans (about 12 by 20 by 2 inches). Pour 3 cups of water into each pan. |
| | 3 qt. | Water..... | | |
| 2 lb. | 1-1/4 qt. | Sliced onions | | 3. Cover steak with onions, 8 ounces per pan. 4. Cover and bake at 325° F. (slow) 1-1/4 hours. Remove cover and bake 15 minutes longer or until brown. |

PORTION: 1 slice--provides 2 ounces cooked lean meat.

VARIATION

1. PEPPER STEAK: Add 2 pounds sliced green peppers and use canned tomatoes or tomato juice in place of water. One portion provides 2 ounces cooked lean meat. (over)

SWISS STEAK--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Swiss Steak</p> <p>Stewed Tomatoes with Okra</p> <p>Whole-Kernel Corn</p> <p>Blueberry Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Swiss Steak</p> <p>Baked Potato, Sweet or White</p> <p>Canned Peaches</p> <p>Hard Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

TAMALE PIE

Main Dishes (protein-rich) D-47

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|--|---|----------------------------------|---|
| Weights | Measures | | | |
| 2 lb. 4 oz. 2 oz. | 1-3/4 qt. . 1-3/4 qt. . 1-1/2 gal. 1/4 cup... | White cornmeal ... Cold water..... Boiling water..... Salt | | 1. Mix cornmeal with the cold water and stir into boiling salted water. Cover and cook over boiling water for 40 minutes. |
| 1 lb. 8 oz. . | 1 qt. | Chopped onion | | 2. Cook onion, green pepper, and beef in the fat or oil until onion is tender and meat is brown. |
| 1 lb. | 3 cups | Chopped green pepper | | |
| 8 lb. 8 oz. . 8 oz. | 1 cup | Ground beef..... Fat or oil | | |
| 1-1/2 oz. . . 3 oz. | 3-3/4 qt. . 3 tbsp. 2/3 cup... | Canned tomatoes . . Salt,..... Chili powder (1-1/2 oz. for a mild flavor) | | 3. Add tomatoes, salt, and chili powder. Cook until thick, about 15 minutes. Add olives, if desired. |
| 2 lb. | 1-3/4 qt. . | Sliced ripe olives, if desired | | 4. Stir half the cornmeal mixture (1-1/4 gallons or 11 pounds) into meat mixture. <u>or</u> |
| | | | | Combine all the cornmeal mixture with the meat and eliminate step 6. Pour into 4 greased baking pans (about 12 by 20 by 2 inches). (continued on back) |

TAMALE PIE--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|-------------|-----------------------|---|
| Weights | Measures | | | |
| | | | | 6. Using a No. 30 scoop (2-1/5 table- spoons), portion remaining corn- meal mixture over beef mixture. Brush with melted butter or marga- rine. 7. Bake at 375° F. (moderate) 20 minutes. |

PORTION: About 1/2 cup--provides 1 ounce cooked lean meat.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Tamale Pie Carrots Green Asparagus Salad with 1/2 Hard-Cooked Egg Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | Tamale Pie Cauliflower Raw Spinach and Lettuce Salad Orange-Coconut Custard Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | |

TONGUE

Main Dishes (protein-rich) D-48

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|---------------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 22 lb. | | Beef tongue..... Water, to cover . | | 1. Place tongues in stock pot and add water. Simmer 3 to 3-1/2 hours or until tender, adding more water if necessary. 2. Cool slightly. Trim and skin while tongues are still warm. 3. Serve over cooked greens. |
| | | | | |
| | | | | |

PORTION: 1 slice--provides 2 ounces cooked lean meat. (over)

TONGUE --Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Tongue</p> <p>Chard or Mixed Greens</p> <p>Mashed Potatoes, Sweet or White</p> <p>Cake with Butter Cream Frosting</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Tongue</p> <p>Stewed Tomatoes</p> <p>Hash Browned Potatoes</p> <p>Rice Pudding</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|--|-------------------------------------|--|
| Weights | Measures | | | |
| 26 cans (6-1/2 or 7 oz. each) | 1 gal. 2-1/2 qt. | Drained tuna | | 1. Flake the fish. |
| 12 oz. 1 lb. | 2 cups 2 cups | Chopped onion Melted butter or margarine | | 2. Cook onion in the fat until tender. Blend in flour. Stir into the milk. Cook until thickened, stirring constantly. Add cheese and blend. Stir in tuna. Cool. |
| 8 oz. 3 lb. | 2 cups, sifted 2 qt. 3 qt. | All-purpose flour Hot milk Grated cheese | | |
| 9 lb. | 2 gal. | Biscuit mix (card B-1) | | 3. Prepare biscuit dough. Divide into 16 pieces, about 13 ounces each. Roll into rectangles 14 by 7 inches. 4. Spread each piece with 2 cups tuna filling. Roll like a jelly roll and seal ends and edges. Cut tops of rolls in 3 places. 5. Place on well-greased sheet pans. 6. Bake at 400° F. (hot) 15 to 20 minutes or until biscuit browns. |

PORTION: 2-inch slice--provides the equivalent of 2 ounces protein-rich food.

(over)

TUNA-CHEESE BISCUIT ROLL--Continued

VARIATIONS

1. FLAKED FISH-CHEESE BISCUIT ROLL: Use 9 pounds 8 ounces (1 gallon 3/4 quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
2. SALMON-CHEESE BISCUIT ROLL: Use 13 cans (16 ounces each) or 1 gallon 1-3/4 quarts salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Tuna-Cheese Biscuit Roll with Tomato Sauce</p> <p>Broccoli</p> <p>Peach Salad</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Tuna-Cheese Biscuit Roll</p> <p>Glazed Carrots</p> <p>Green Beans</p> <p>Orange</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

MEAT SAUCE

Main Dishes (protein-rich) D-38

| 100 Portions | | Ingredients | For — Portions | Directions |
|--|--|---|--|---|
| Weights | Measures | | | |
| 1 lb 2 oz.. | 18..... 3 cups..... 1 cup..... | Garlic cloves, minced Chopped onion..... Fat or oil..... | | 1. In steam jacketed kettle or heavy pot, brown the garlic and onion lightly in the fat or oil. |
| 8 lb. 8 oz. | | Ground beef..... | | 2. Add ground beef and cook until meat is brown. |
| 3 lb. 8 oz. 4 oz..... | 2-1/4 qt.. 1-1/2 qt.. 3 qt..... 1 tbsp 1/2 cup.. 1 tbsp..... | Tomato puree..... Tomato paste Water..... Sugar Salt..... Worcestershire sauce | | 3. Blend in tomato puree, tomato paste, water, sugar, salt, and worcestershire sauce. 4. Simmer about 1 hour or until sauce is thick. 5. Serve over cooked spaghetti, noodles, macaroni, or rice. |

PORTION: About 1/4 cup--provides 1 ounce cooked lean meat and 1/4 cup vegetable.

(over)

MEAT SAUCE--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Meat Sauce on Noodles</p> <p>Brussels Sprouts</p> <p>Tossed Green Salad</p> <p>Baked Custard</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Meat Sauce on Rice</p> <p>Kale or Other Greens</p> <p>Waldorf Salad</p> <p>1 ounce Cheese</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

OVEN-FRIED CHICKEN

Main Dishes (protein-rich) D-39

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|-------------------|---|-----------------------|--|
| Weights | Measures | | | |
| | 100..... | Chicken legs (thigh and drumstick) from 2 to 2-1/2 lb. ready-to-cook frying chicken | | 1. Wash and dry chicken. |
| 42 lb. | or | Ready-to-cook frying chicken, cut up | | |
| 1 lb. 8 oz. | 1-1/2 qt., sifted | All-purpose flour | | 2. Roll chicken in the flour and salt which have been sifted together. |
| 2 oz. | 1/4 cup | Salt | | |
| 2-1/2 lb. | 1-1/4 qt. .. | Melted fat or oil.. Broth or water as needed | | 3. Brush each piece with fat or oil. or Brown chicken in deep fat at 360° F. 1 to 2 minutes. Remove and drain on paper toweling. |
| | | | | 4. Place chicken 1 layer deep in well-greased baking pans. |
| | | | | 5. Add 1 cup broth or water to each pan. (If whole chicken is purchased, neck and rib back may be boiled to make broth.) (continued on back) |

OVEN-FRIED CHICKEN--Continued

| 100 Portions | | Ingredients | For — Portions | Directions |
|---|----------|-------------------------|-------------------|---|
| Weights | Measures | | | |
| | | | | 6. Cover and bake at 350° F. (moderate) 25 minutes. Remove cover and bake 20 minutes longer or until brown. |
| PORTION: 1 chicken leg (thigh and drumstick) <u>or</u> , if whole chicken is used, 1 meaty piece plus 1 bony piece -- provides 2 ounces cooked lean meat. | | | | |
| SUGGESTED MENUS | | | | |
| Menu 1 | | Menu 2 | | Menu 3 |
| Oven-Fried Chicken with Gravy | | Oven-Fried Chicken | | School's Favorite |
| Mashed Potatoes | | Spinach or Other Greens | | |
| Sliced Tomatoes | | Rice | | |
| Peach Cobbler | | Waldorf Salad | | |
| Bread | | Cookies | | |
| Butter or Margarine | | Roll | | |
| 1/2 Pint Milk | | Butter or Margarine | | |
| | | 1/2 Pint Milk | | |

OVEN-FRIED OCEAN PERCH FILLETS

Main Dishes (protein-rich) D-40

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------------------------|--|--|-------------------------|---|
| Weights | Measures | | | |
| 20 lb. | | Ocean perch fillets (fresh or frozen) | | 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. |
| 1 oz. 2 lb. | 2 tbsp. 1 qt. 2 qt. | Salt Milk Dry bread crumbs | | 2. Add salt to milk. Dip fillets in milk, then roll in crumbs, using a small amount at a time. Place in single layer in well-greased baking pans. |
| 1 lb. | 2 cups..... | Melted fat or oil.. | | 3. Pour melted fat or oil over the fish. 4. Bake at 500° F. (extremely hot) about 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork. |

PORTION: 1 portion--provides 2 ounces of cooked fish.

VARIATIONS

- 1. OVEN-FRIED COD FILLETS: Use 20 pounds cod fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
- 2. OVEN-FRIED HADDOCK FILLETS: Use 20 pounds haddock fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
- 3. OVEN-FRIED POLLOCK FILLETS: Use 20 pounds pollock fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
- 4. OVEN-FRIED WHITING FILLETS: Use 20 pounds whiting fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.

(over)

OVEN-FRIED OCEAN PERCH FILLETS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Oven-Fried Ocean Perch Fillets</p> <p>Spinach or Other Greens</p> <p>Pickled Beets and Onion Rings on Shredded Lettuce</p> <p>Prune Spice Cake</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Oven-Fried Ocean Perch Fillets</p> <p>Parslied Potato</p> <p>Hot or Cold Tomatoes</p> <p>Apricot Crisp</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

PORK CHOP SUEY

Main Dishes (protein-rich) D-41

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-----------------------------|---------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 20 lb. | | Lean pork, cut in 2-inch strips | | 1. Brown the pork in fat or oil. |
| 12 oz. | 1-1/2 cups | Fat or oil..... | | |
| | 3 gal. 1-1/2 qt. | Bean sprout liquid and water | | 2. Add the liquid and simmer for 30 minutes. |
| 7 lb. 8 oz. | 1 gal. 3-1/2 qt. | Celery, cut in 1-inch strips | | 3. Add celery, onions, bean sprouts, salt, pepper, and sugar. If cabbage is used, add it the last 10 minutes of cooking. |
| 3 lb. 6 oz. | 2-1/4 qt. .. | Sliced onions..... | | |
| 4 lb. 8 oz. | 2-1/4 qt. .. | Canned bean sprouts | | |
| 4 lb. 8 oz. | <u>or</u> 1 gal. 1/2 qt. | Shredded cabbage.. | | |
| 2-1/2 oz. . | 1/3 cup.... | Salt..... | | |
| | 1-1/2 tsp. . | Pepper | | |
| 6 oz. | 3/4 cup.... | Sugar | | |
| 1 lb. 3 oz. | 1 qt. 1/4 cup | Cornstarch | | 4. Blend cornstarch with cold water and stir into the mixture. Simmer 30 minutes, stirring frequently. |
| | 2 cups..... | Cold water..... | | |
| | 3 cups..... | Soy sauce..... | | 5. Add the soy sauce. 6. Serve with rice or Chinese noodles. |

PORTION: 2/3 cup--provides 2 ounces cooked lean meat and about 1/4 cup vegetable.

(over)

PORK CHOP SUEY--Continued

VARIATIONS

1. **VEAL CHOP SUEY:** Use 18 pounds boneless veal in place of pork. One portion provides 2 ounces cooked lean meat and about 1/4 cup vegetable.
2. **CHICKEN CHOP SUEY:** Use only 10 pounds of pork and add 6 pounds 4 ounces (1-1/4 gallons) cooked diced chicken. Chicken broth may be used in place of water. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Pork Chop Suey on Rice Hot or Cold Tomatoes Fruit Betty Bread Butter or Margarine 1/2 Pint Milk | Pork Chop Suey on Chow Mein Noodles Cabbage-Pineapple Salad Banana or Other Fruit Hard Roll Butter or Margarine 1/2 Pint Milk | |

SALMON LOAF

Main Dishes (protein-rich) D-42

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------------|-------------------|---------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 10 cans (16 oz. each) | 1 gal. 1-1/2 cups | Drained salmon (reserve liquid) | | 1. Flake the fish. |
| 4 lb. 8 oz. | 3 qt. | Cooked rice (card B-12 or B-13) | | 2. Combine all ingredients. |
| 4 oz. | 1/2 cup ... | Lemon juice | | 3. Pour into 2 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon 1-1/2 quarts or about 11 pounds 14 ounces per pan. |
| 5 oz. | 1-1/2 tbsp. | Lemon rind | | 4. Bake at 400° F. (hot) about 45 minutes or until loaf is firm in the center. |
| | 1 cup | Chopped green pepper | | 5. Serve with egg or parsley sauce, if desired. |
| 1 oz. | 1 cup | Chopped parsley .. | | |
| | 2 qt. | Fresh bread crumbs | | |
| | 2 qt. (40) .. | Eggs, beaten | | |
| | 2 qt. | Milk and salmon liquid | | |
| 2-1/2 oz. . | 1/3 cup ... | Salt | | |
| 1 oz. | 3 tbsp | Baking powder | | |

PORTION: 1 piece, 1-3/4 by 2 inches--provides the equivalent of 2 ounces protein-rich food.

(over)

SALMON LOAF--Continued

VARIATIONS

1. FISH FLAKE LOAF: Use 9 cans (14 ounces each) or 1 gallon 1/2 quart fish flakes in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.
2. FLAKED FISH LOAF: Use 7 pounds 8 ounces (3-3/4 quarts) flaked cooked fish in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Salmon Loaf</p> <p>Stewed Tomatoes</p> <p>Tossed Green Salad</p> <p>Peach Whip</p> <p>Corn Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Salmon Loaf with Parsley Sauce</p> <p>Potato in Jacket</p> <p>Kale or Other Greens</p> <p>Cinnamon Apples</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

TUNA PIE

Main Dishes (protein-rich) D-50

| 100 Portions | | Ingredients | For Portions | Directions |
|--|--|---|----------------------------------|--|
| Weights | Measures | | | |
| 34 cans (6-1/2 or 7 oz. each) | 2 gal. 1/2 qt. | Drained tuna | | 1. Flake the fish. |
| 2 lb. 1 lb. 8 oz. | 2 qt., sifted 3 cups..... | All-purpose flour Melted butter or margarine Water | | 2. Brown flour in the fat. Gradually add water. Cook until thickened, stirring constantly. |
| | 2-1/2 gal. . | | | 3. Add vegetables, salt, and tuna. Pour into 4 pans (about 12 by 20 by 2 inches). |
| | 3 qt. | Cooked sliced onion | | |
| | 3 qt. | Cooked chopped celery | | |
| | 3 qt. | Cooked sliced carrots | | |
| | 2-1/2 gal. . | Cooked diced potatoes | | |
| 5 oz. | 2/3 cup.... | Salt | | |
| 2 lb. 1/2 oz. 1 lb. 8 oz. | 2 qt., sifted 1 tbsp. 3 cups..... 1-1/3 cups | All-purpose flour Salt | | 4. Prepare pastry (card C-20). Roll pastry into 4 rectangles (14 by 22 inches). Cover tuna mixture, seal edges, and prick tops with fork. |
| | | Cold water..... | | 5. Bake at 450° F. (very hot) about 25 to 30 minutes or until brown. |

PORTION: 1 cup--provides 2 ounces cooked fish and 3/4 cup vegetable. (over)

TUNA PIE--Continued

VARIATIONS

1. FISH FLAKE PIE: Use 15 cans (14 ounces each) or 1 gallon 3-1/2 quarts fish flakes in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.
2. SALMON PIE: Use 16 cans (16 ounces each) or 1-3/4 gallons salmon in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.
3. SHRIMP PIE: Use 12 pounds 8 ounces (2 gallons 2-3/4 quarts) cooked, peeled and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Tuna Pie Apple Salad Tomato Juice Caramel-Nut Pudding Bread Butter or Margarine 1/2 Pint Milk | Tuna Pie Orange Juice Banana Cup Cake Roll Butter or Margarine 1/2 Pint Milk | |

TURKEY LOAF

Main Dishes (protein-rich) D-51

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|--|--|---|---|
| Weights | Measures | | | |
| 2 oz. 6 oz. 3 lb. 12 oz. | 2 cups (24). 3 qt. 1/4 cup ... 1 cup 2-1/2 qt. .. | Egg yolks..... Milk Salt..... Chopped onion Cooked rice (card B-12 or B-13) Diced cooked turkey Soft bread cubes... | | 1. Blend egg yolks and milk. Mix in salt, onion, cooked rice, turkey, and bread. |
| 9 lb. 8 oz. 1 lb. 4 oz. | 1 gal. 3-1/2 qt. | | | |
| | 3 cups (24) | Egg whites..... | | 2. Beat egg whites until stiff and fold into turkey mixture. 3. Place in 4 greased baking pans (about 12 by 20 by 2 inches), 2 quarts 2-1/2 cups or 5 pounds 12 ounces per pan. 4. Bake at 375° F. (moderate) about 50 minutes. |
| | 3 qt. | Turkey gravy (card H-2) | | 5. Serve with turkey gravy. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides the equivalent of 2 ounces protein-rich food.

(over)

TURKEY LOAF--Continued

VARIATION

1. CHICKEN LOAF: Use 9 pounds 8 ounces (1 gallon 3-1/2 quarts) diced cooked chicken in place of turkey. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Turkey Loaf Stewed Tomatoes Green Beans Oatmeal Cookies Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | Turkey Loaf Baked Sweetpotato Tossed Green Salad Jellied Fruit Roll Butter or Margarine 1/2 Pint Milk | |

TURKEY PIE (with biscuit topping)

Main Dishes (protein-rich) D-52

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|----------------------|---|-------------------|---|
| Weights | Measures | | | |
| 3 lb. | 3 qt. | Diced celery | | 1. Cook vegetables (card J-3). Drain. Save liquid for sauce. |
| 3 lb. | 2-1/2 qt. .. | Diced carrots | | |
| 2 lb. 4 oz. | 2-1/4 qt., sifted | All-purpose flour | | 2. Blend flour, salt, and fat; stir into hot liquid. Cook until thickened, stirring constantly. |
| 2-1/2 oz. . | 1/3 cup | Salt | | |
| 2 lb. 4 oz. | 1 qt. 1/2 cup | Turkey fat, butter, or margarine | | |
| | 2-1/4 gal. . | Hot liquid (skimmed broth and vege- table liquid) | | |
| 2 lb. 8 oz. | 1-1/2 qt. .. | Drained cooked green peas | | 3. Combine sauce, celery, carrots, peas, onion, and turkey. |
| 1 lb. | 2-2/3 cups | Chopped onion | | 4. Place in 4 baking pans (about 12 by 20 by 2 inches). |
| 12 lb. 8 oz. | 2-1/2 gal. | Diced cooked turkey | | 5. Bake at 425° F. (hot) 30 minutes. |
| | 100..... | Unbaked 2-inch biscuits (card B-1) | | 6. Remove from oven. Top with biscuits. |
| | | | | 7. Bake at 450° F. (very hot) 12 to 15 minutes. |

PORTION: 3/4 cup plus 1 biscuit--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

(over)

TURKEY PIE (with biscuit topping)--Continued

VARIATION

1. CHICKEN PIE (with biscuit topping): Use 12 pounds 8 ounces (2-1/2 gallons) diced cooked chicken in place of turkey. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Turkey Pie (with biscuit topping)</p> <p>Tossed Green Salad</p> <p>Orange Juice</p> <p>Prune-Spice Cake</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Turkey Pie (with biscuit topping)</p> <p>Kale or Other Greens</p> <p>Jellied Fruit Salad</p> <p>Biscuit</p> <p>Honey Butter</p> <p>1/2 Pint Milk</p> | |

VEAL-BEEF PATTIES

Main Dishes (protein-rich) D-53

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------------|---------------------|------------------------|-----------------------|--|
| Weights | Measures | | | |
| 14 lb | | Ground veal. | | 1. Combine all ingredients and mix thoroughly. 2. Portion with a No. 8 scoop (1/2 cup) and shape into patties. |
| 4 lb | | Ground beef. | | |
| | 2 qt. | Milk | | |
| | 1 tsp. | Powdered dry mustard | | |
| 4 oz. | 1/2 cup | Salt | | 3. Place in greased baking pans, 4. Bake covered at 400° F. (hot) 30 minutes. Uncover and continue baking until brown (about 20 minutes). |
| | 1-1/3 tbsp. | Onion juice | | |
| 1 lb. 4 oz. | 1-1/4 qt. | Dry bread crumbs | | |
| | 1 cup (5) | Eggs, beaten | | |

PORTION: 1 patty (2-3/4 ounces)--provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. VEAL-PORK PATTIES: Use 5 pounds ground pork in place of ground beef. One portion provides the equivalent of 2 ounces protein-rich food.
2. VEAL PATTIES: Use 19 pounds ground veal in place of ground veal and beef and 2 quarts tomato juice in place of milk. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

VEAL-BEEF PATTIES--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Veal-Beef Patties</p> <p>Green Asparagus</p> <p>Creamed Potatoes</p> <p>Applesauce Cake</p> <p>Vienna Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Veal-Beef Patties</p> <p>Parsnips</p> <p>Cabbage Slaw</p> <p>Peach Cobbler</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------|------------------|-------------------------|-----------------------|--|
| Weights | Measures | | | |
| 10 lb. . . . | | Ground beef..... | | 1. Combine meat, potatoes, onion, eggs, and salt. |
| 5 lb. | | Ground pork..... | | |
| 10 lb. 4 oz. | 1-1/4 gal. . | Finely chopped potatoes | | |
| 3 lb. | 2 qt. | Chopped onion... | | |
| | 1-1/4 qt. (25) | Eggs, beaten.... | | |
| 4 oz. | 1/2 cup.... | Salt | | 2. Portion with a No. 8 scoop rounded (1/2 cup) and place in baking pans. |
| 4 oz. | 1 cup, sifted | All-purpose flour | | |
| | 1 gal. 1-1/2 qt. | Tomato juice.... | | 3. Blend the flour with 2 cups of tomato juice. Heat remaining tomato juice and add to the flour mixture. Cook until slightly thickened, stirring constantly. Pour over the patties. |
| | | | | 4. Bake at 3750 F. (moderate) 45 minutes. |

PORTION: 1 patty--provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

(over)

BAKED COD FILLETS WITH BREAD STUFFING--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|---|--|-------------------------|---|
| Weights | Measures | | | |
| 8 oz. | 1-1/3 tbsp. 1-1/3 tbsp. 1 cup | Salt..... Paprika Melted fat or oil . | | 7. Add salt and paprika to the fat and oil and blend well. 8. Pour mixture over fish. 9. Bake at 350° F. (moderate) about 30 minutes or until fish flakes easily when tested with a fork. |
| PORTION: 1 portion--provides the equivalent of 2 ounces protein-rich food. | | | | |
| SUGGESTED MENUS | | | | |
| Menu 1 | | Menu 2 | | Menu 3 School's Favorite |
| Baked Cod Fillets with Bread Stuffing Stewed Tomatoes with Green Beans Pear Waldorf Salad Whole Wheat Muffin Butter or Margarine 1/2 Pint Milk | | Baked Cod Fillets with Bread Stuffing Harvard Beets Celery and Turnip Sticks Orange Ambrosia Bread Butter or Margarine 1/2 Pint Milk | | |

BAKED HADDOCK FILLETS WITH PUFFY CHEESE SAUCE Main Dishes (protein-rich) D-56

| 100 Portions | | Ingredients | For Portions | Directions |
|--------------|---------------|--------------------------------------|-----------------|---|
| Weights | Measures | | | |
| 18 lb. | | Haddock fillets (fresh or frozen) | | 1. Thaw frozen fillets. Divide into 100 portions, about 2-1/2 ounces each. Place in a single layer on well-greased sheet pans. |
| 1 lb. 4 oz. | 2-1/2 cups | Mayonnaise (card F-3) | | 2. Combine mayonnaise, relish, cheese, and egg yolks. |
| 4 oz. | 1/2 cup | Drained sweet pickle relish | | |
| 8 oz. | 2 cups | Grated cheese | | |
| | 2/3 cup (8) . | Egg yolks | | |
| | 1 cup (8) ... | Egg whites | | 3. Beat egg whites until stiff and fold into sauce. 4. Cover fish with the sauce. 5. Bake at 350 F. (moderate) about 30 minutes or until the fish flakes easily when tested with a fork and sauce is brown. |

PORTION: 1 portion--provides the equivalent of 2 ounces protein-rich food.

(over)

BAKED HADDOCK FILLETS WITH PUFFY CHEESE SAUCE--Continued

VARIATIONS

1. BAKED COD FILLETS WITH PUFFY CHEESE SAUCE: Use 18 pounds cod fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
2. BAKED OCEAN PERCH FILLETS WITH PUFFY CHEESE SAUCE: Use 18 pounds ocean perch fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
3. BAKED POLLOCK FILLETS WITH PUFFY CHEESE SAUCE: Use 18 pounds pollock fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
4. BAKED WHITING FILLETS WITH PUFFY CHEESE SAUCE: Use 18 pounds whiting fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Baked Haddock Fillets with Puffy Cheese Sauce Asparagus Tomato Aspic Salad Raisin Bread Butter or Margarine 1/2 Pint Milk | Baked Haddock Fillets with Puffy Cheese Sauce Collards or Other Greens Cranberry-Orange Salad Whole Wheat Muffin Honey Butter 1/2 Pint Milk | |

BRAISED BEEF

Main Dishes (protein-rich) D-57

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--|---|--|---|---|
| Weights | Measures | | | |
| 17 lb. 6 oz. | 3/4 cup.... | Cubed boneless beef stew meat Fat or oil..... | | 1. Brown the beef in fat or oil in oven at 400° F. (hot) 30 minutes. |
| 1 lb. 2 lb. 1 lb. 8 oz.. 1 lb. 8 oz.. 6 oz. | 3 cups 1 qt. 1-1/4 cups 1-1/2 qt. .. 1 qt. 1/2 cup 3/4 cup.... | Chopped green pepper Chopped onion Chopped celery Canned mushroom pieces Fat or oil | | 2. Cook the pepper, onion, celery, and mushrooms in fat or oil for 10 minutes. |
| 12 oz. 4 oz. 2 oz. | 3 cups, sifted 1/2 cup.... 1/4 cup.... 2 qt. | All-purpose flour.. Salt..... Sugar Water | | 3. Mix flour, salt, and sugar with the water to make a smooth paste. |
| | 1 gal. | Canned tomatoes .. | | 4. Combine vegetable and flour mix- tures with the tomatoes and catsup. (continued on back) |

BRAISED BEEF--Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|-------------|-----------------------|---|
| Weights | Measures | | | |
| 1 lb. 11 oz. | 3 cups..... | Catsup..... | | <p>5. Into each of 4 baking pans (about 12 by 20 by 2 inches) place 3 pounds 3 ounces of beef. Pour vegetable mixture over beef, 2-1/2 quarts or 5 pounds 5 ounces to each pan.</p> <p>6. Bake covered at 350° F. (moderate) 2 hours. Remove cover and bake 45 minutes longer or until meat is tender and brown.</p> <p>7. Serve over rice, noodles, or hot biscuits.</p> |

PORTION: 1/2 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Braised Beef on Rice</p> <p>Green Salad with Raw Spinach</p> <p>Peaches</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Braised Beef on Biscuit</p> <p>Broccoli</p> <p>Apple or Pear</p> <p>Biscuit</p> <p>Honey Butter</p> <p>1/2 Pint Milk</p> | |

BREADED PORK CHOPS

Main Dishes (protein-rich) D-58

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|-------------------|----------------------|-----------------------|---|
| Weights | Measures | | | |
| 34 lb. | 100. | Lean pork chops. | | 1. Dredge pork chops in flour and salt which have been mixed together. |
| 1 lb. 8 oz. | 1-1/2 qt., sifted | All-purpose flour | | |
| 6 oz. | 3/4 cup . . . | Salt | | |
| | 1-1/4 qt. (24) | Eggs, beaten | | 2. Dip floured chops into egg and then into bread crumbs. |
| 2 lb. 8 oz. | 2-1/2 qt. . | Dry bread crumbs | | 3. Place on greased baking pans. |
| | | | | 4. Bake at 350° F. (moderate) 1 hour. Turn chops once to brown both sides. If necessary, bake at 400° F. (hot) an additional 15 minutes to brown. |

PORTION: 1 chop--provides 2 ounces cooked lean meat.

VARIATION

- BREADED VEAL CUTLETS: Use 18 pounds of boneless veal round (100 portions about 2-3/4 ounces each) in place of pork chops. One portion provides 2 ounces cooked lean meat. (over)

BREADED PORK CHOPS---Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Breaded Pork Chops</p> <p>Sweetpotato-Marshmallow Casserole</p> <p>Green Beans</p> <p>Chocolate Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Breaded Pork Chops</p> <p>Orange Juice</p> <p>Parslied Potato</p> <p>Carrot-Apple-Raisin Salad</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

CHEESE FONDUE

Main Dishes (protein-rich) D-59

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------------------------|--|--|-------------------------|---|
| Weights | Measures | | | |
| 1 oz. 8 lb. | 1 qt. 3-1/4 cups (36) 2 tbsp. 2 gal. | Eggs, beaten.... Salt..... Grated cheese.. | | 1. Combine eggs, salt, and cheese. Mix well. |
| 2 lb. 8 oz. | 1-1/4 gal.. 2 gal..... | Hot Milk Untrimmed soft bread cubes | | 2. Add egg-cheese mixture to hot milk. Add bread. 3. Pour into 4 greased baking pans (about 12 by 20 by 2 inches), about 3-1/4 quarts or 6 pounds 8 ounces per pan. 4. Bake at 325o F. (slow) about 30 minutes or until custard is set. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides the equivalent of 2 ounces protein-rich food.

(over)

CHEESE FONDUE--Continued

VARIATIONS

1. HAM-CHEESE FONDUE: Use only 4 pounds (1 gallon) grated cheese and add 4 pounds (3-1/4 quarts) chopped cooked ham. Use 2 tablespoons of powdered dry mustard in place of the salt. One portion provides the equivalent of 2 ounces protein-rich food.
2. LUNCHEON MEAT-CHEESE FONDUE: Use only 4 pounds (1 gallon) grated cheese and add 4 pounds (3-1/4 quarts) chopped luncheon meat. Use 2 tablespoons of powdered dry mustard in place of the salt. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Cheese Fondue Broccoli Fresh Fruit Cup Biscuit with Jelly Butter or Margarine 1/2 Pint Milk | Cheese Fondue Whole-Kernel Corn Green Salad with Raw Cauliflower Applesauce Cake Cracked Wheat Bread Butter or Margarine 1/2 Pint Milk | |

GROUND BEEF ON NOODLES

Main Dishes (protein-rich) D-60

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|---|----------------------------------|--|
| Weights | Measures | | | |
| 1 7 lb. 1 lb. 12 oz. 1 lb. | 1 qt. 2/3 cup 2 cups | Ground beef Chopped onion .. Fat or oil | | 1. Brown ground beef and onion in the fat or oil |
| 10 oz. 6 oz. | 2-1/2 cups, sifted 3/4 cup 1-3/4 gal. 1-1/3 tbsp. | All-purpose flour Salt Water Gravy seasoning sauce, if needed | | 2. Stir flour and salt into beef mixture, add water, and cook until thickened, stirring occasionally. |
| | 1-1/2 gal. | Cooked noodles (card B-6) | | 3. Serve over noodles. Or serve over rice, or biscuits. |

PORTION: About 1/3 cup--provides 2 ounces cooked lean meat.

GROUND BEEF ON NOODLES--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Ground Beef on Noodles Sliced Beets Celery Sticks Orange Juice Bread Butter or Margarine 1/2 Pint of Milk | Ground Beef on Noodles Broccoli Spiced Prunes or Plums Cheese Biscuit Butter or Margarine 1/2 Pint Milk | |

HAM-LIMA BEAN BAKE

Main Dishes (protein-rich) D-61

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|--|-------------------------|--|
| Weights | Measures | | | |
| 2 lb. | 1-1/4 qt. . . 2 qt. | Dry lima beans.. Water | | 1. Soak and cook beans (card D-1). 2. Drain beans. Chop finely or grind. |
| 9 lb. 12 oz. ... | 1 gal. 3-1/4 qt. 1-1/2 cups | Chopped uncooked smoked ham Soft butter, margarine, or ham drippings Milk..... Eggs | | 3. Add remaining ingredients to the beans. Blend well. 4. Place in 2 greased baking pans (about 12 by 20 by 2 inches). 5. Bake at 400° F. (hot) 45 minutes or until brown. 6. Serve with a pineapple sauce, if desired. |
| 1 oz. 1/2 oz. | 3 cups 1 qt. 3-1/4 cups (36) 2-2/3 tbsp. 1/2 cup ... 2 tbsp. ... | Chopped onion... Chopped parsley Powdered dry mustard | | |

PORTION: 1 piece, 1-3/4 by 2 inches--provides the equivalent of 2 ounces protein-rich food.

(over)

HAM-LIMA BEAN BAKE --Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Ham-Lima Bean Bake with Pineapple Sauce</p> <p>Cabbage-Carrot Salad</p> <p>Fresh Pear</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Ham-Lima Bean Bake</p> <p>Beets in Orange Sauce</p> <p>Jellied Lime-Grapefruit Salad</p> <p>Oatmeal-Raisin Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

HAMBURGER BAKED WITH SQUASH

Main Dishes (protein-rich) D-62

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|-----------------|--------------------------------|-------------------------|--|
| Weights | Measures | | | |
| 14 lb. | | Ground beef..... | | <ol style="list-style-type: none"> 1. Combine ground beef, eggs, and seasonings. Mix well. 2. Spread in 4 baking pans (about 12 by 20 by 2 inches), about 1-3/4 quarts or 4 pounds per pan. 3. Bake at 350° F. (moderate) 15 minutes. |
| | 3-1/4 cups (16) | Eggs | | |
| 2-1/2 oz. . | 1/3 cup ... | Salt | | |
| | 2 tsp. | Ground thyme ... | | |
| | 2 tsp. | Ground sage | | |
| | 2 tsp. | Bay leaves, crumbled | | |
| 1 lb. | 2-2/3 cups | Chopped onion... | | |
| 26 lb. | 3 gal. 1/2 qt. | Hot mashed hub- bard squash | | |
| 1 lb. | 2 cups | Melted butter or margarine | | |
| 2-1/2 oz. . | 1/3 cup ... | Salt | | |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides the equivalent of 2 ounces protein-rich food and 1/2 cup vegetable.

(over)

HAMBURGER BAKED WITH SQUASH--Continued

VARIATIONS

1. HAMBURGER BAKED WITH POTATOES: Use 25 pounds (3 gallons 1/2 quart) hot mashed potatoes in place of squash and add 1/4 cup parsley flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/2 cup vegetable.
2. HAMBURGER BAKED WITH SWEET POTATOES: Use 28 pounds (3 gallons 1/2 quart) hot mashed sweetpotatoes. One portion provides the equivalent of 2 ounces protein-rich food and 1/2 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Hamburger Baked with Squash Spinach Celery Sticks Raisin Cookies Bread Butter or Margarine 1/2 Pint Milk | Hamburger Baked with Squash Tomato Wedges Prune-Spice Cake Bread Butter or Margarine 1/2 Pint Milk | |

LIMA BEAN CASSEROLE

Main Dishes (protein-rich) D-63

| 100 Portions | | Ingredients | For Portions | Directions |
|----------------------|---------------------------|--------------------------------------|-----------------|--|
| Weights | Measures | | | |
| 9 lb. | 1 gal. 1- 3/4 qt. | Large dry lima beans | | 1. Soak and cook beans (card D-1). |
| | 3-3/4 gal... | Water | | |
| 4 oz. | 1/2 cup | Salt | | |
| 3 lb. | | Bacon, cut in pieces | | 2. Cook bacon until crisp. Drain. |
| 1 lb. 8 oz. | 1 qt. 3 cups | Chopped onion.... Bacon drippings | | 3. Brown the onions in bacon drippings. |
| | 1-1/2 gal. . | Canned tomatoes.. | | 4. Combine tomatoes, molasses, brown sugar, salt, and chili powder with the beans, bacon, and onions. |
| 2 lb. | 2-3/4 cups | Molasses | | |
| 9 oz. | 1-1/4 cups, packed | Brown sugar | | 5. Place mixture in 4 baking pans, (about 12 by 20 by 2 inches) about 1 gallon 1/2 quart or 9 pounds 12 ounces per pan. |
| 4 oz. | 1/2 cup | Salt | | 6. Bake at 375o F. (moderate) 1 to 1-1/2 hours. Stir once during baking to prevent sticking. |
| | 2 tbsp. | Chili powder, if desired | | |

PORTION: About 1/2 cup--provides 1/2 cup cooked dry beans.

LIMA BEAN CASSEROLE--Continued

VARIATION

1. VEGETARIAN LIMA BEAN CASSEROLE: Omit bacon and use 1-1/2 pounds (3 cups) butter or margarine in place of bacon drippings. One portion provides 1/2 cup cooked dry beans.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Lima Bean Casserole Kale or Other Greens Carrot and Celery Sticks Canned Pears Whole Wheat Muffin Butter or Margarine 1/2 Pint Milk | Lima Bean Casserole Chinese Cabbage Salad Stewed Apricots Sugar Cookies Bread Butter or Margarine 1/2 Pint Milk | |

PORK AND SAUERKRAUT

Main Dishes (protein-rich) D-64

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-----------------|---------------------------|-----------------------|--|
| Weights | Measures | | | |
| 20 lb. | 100 | Lean boneless pork slices | | 1. Place pork slices in 4 baking pans (about 12 by 20 by 2 inches). |
| 21 lb. 4 oz. | 3-1/4 gal. | Drained sauerkraut | | 2. Spread sauerkraut over pork slices, about 3 quarts or 6 pounds 10 ounces per pan. |
| 2 oz. | 1/2 cup, sifted | All-purpose flour | | 3. Blend flour with 1 cup of the liquid. Add remaining liquid and pour over sauerkraut and pork, 2 cups per pan. |
| | 2 qt. | Sauerkraut liquid | | 4. Bake covered at 350° F. (moderate) 2 hours. |

PORTION: 1 pork slice plus 1/2 cup sauerkraut--provides 2 ounces cooked lean meat and 1/2 cup vegetable.

PORK AND SAUERKRAUT--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Pork and Sauerkraut</p> <p>Potato in Jacket, Sweet or White</p> <p>Carrot Sticks</p> <p>Honey</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Pork and Sauerkraut</p> <p>Green Beans</p> <p>Waldorf Salad with Orange Sections</p> <p>Raisin Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

PORK GOULASH

Main Dishes (protein-rich) D-65

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|---------------|--------------------------------------|-------------------------|--|
| Weights | Measures | | | |
| 2 lb. | | Uncooked macaroni (1-inch pieces) | | 1. Cook macaroni (card B-6). |
| | 1-1/4 gal. | Boiling water..... | | |
| | 1 tbsp. | Salt | | |
| 1 lb. | 1 qt., sifted | All-purpose flour | | 2. Blend flour and 1 quart of cold |
| | 1-3/4 gal. | Water | | water. Heat remaining water and |
| | | | | add flour mixture. Cook until |
| | | | | thickened, stirring constantly. |
| 2 lb. 6 oz. | 1 qt. | Tomato paste..... | | 3. Combine tomato paste, salt, meat, |
| 2 oz. | 1/4 cup , , | Salt | | onion, and green pepper with the |
| 12 lb. 8 oz. | 2-1/2 gal. , | Diced cooked lean | | sauce and cooked macaroni. |
| | | fresh pork | | 4. Place in 4 baking pans (about 12 by |
| 1 lb. | 2-2/3 cups | Chopped onion | | 20 by 2 inches), about 3-3/4 quarts |
| 1 oz. | 3 tbsp. , , | Chopped green | | or 8 pounds 4 ounces per pan. |
| | | pepper, if desired | | 5. Bake at 350° F. (moderate) 1 hour. |

PORTION: About 1/2 cup--provides 2 ounces cooked lean meat.

(over)

PORK GOULASH--Continued

VARIATIONS

1. CHICKEN GOULASH: Use 12 pounds 8 ounces (2-1/2 gallons) diced cooked chicken in place of pork. Add 1 pound 8 ounces (3 cups) chicken fat and use 2 gallons skimmed chicken broth in place of the water. Use 1-1/4 ounces (2-2/3 tablespoons) salt in cooking macaroni. One portion provides 2 ounces cooked lean meat.
2. TURKEY GOULASH: Use 12 pounds 8 ounces (2-1/2 gallons) diced cooked turkey in place of pork. Add 1 pound 8 ounces (3 cups) turkey fat and use 2 gallons skimmed turkey broth in place of the water. Use 1-1/4 ounces (2-2/3 tablespoons) salt in cooking macaroni. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Pork Goulash Glazed Carrots Tossed Green Salad Orange Wedges Bread Butter or Margarine 1/2 Pint Milk | Pork Goulash Peas Cole Slaw Ginger Cookies Bread Butter or Margarine 1/2 Pint Milk | |

PORK SCRAPPLE

Main Dishes (protein-rich) D-66

| 100 Portions | | Ingredients | For <u> </u> Portions | Directions |
|---|--|---|---|--|
| Weights | Measures | | | |
| 4 oz. 5 lb. 5 oz. 2 oz. | 2-3/4 gal. 1 cup, sifted 1 gal. 1/4 cup 1 tbsp. | Meat stock All-purpose flour. Cornmeal..... Salt..... Poultry seasoning | | 1. Heat half the stock in double boiler. 2. Blend flour, cornmeal, salt, and poultry seasoning. Mix with the remaining cold broth. 3. Slowly add the cornmeal mixture to the hot broth. Cook, stirring constantly, until the mixture thickens. 4. Continue cooking for 30 minutes. |
| 6 lb. 4 oz. | 1 gal. 1-1/2 qt. | Ground cooked fresh pork | | 5. Stir in the pork. 6. Pour into well-greased loaf pans (about 4 by 10 by 4 inches), 1 quart or 2 pounds 8 ounces per pan. 7. Cool quickly and refrigerate. 8. Slice (8 slices to each pan). 9. Roll slices in flour. 10. Fry in deep fat at 375° F. until brown. Or brush slices of scrapple with melted fat and bake at 425° F. (hot) 30 to 40 minutes or until brown. |

PORTION: 1 slice, 3/4 inch thick (4 ounces)--provides 1 ounce cooked lean meat.

(over)

PORK SCRAPPLE--Continued

VARIATIONS

1. CHICKEN SCRAPPLE: Use 6 pounds 4 ounces (1 gallon 1-1/2 quarts) ground cooked chicken in place of pork. Use chicken broth in place of meat stock. One portion provides 1 ounce cooked lean meat.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Pork Scrapple</p> <p>Turnip Greens or Other Greens</p> <p>Radishes</p> <p>Orange-Coconut Custard</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Pork Scrapple</p> <p>Stewed Tomatoes with Okra</p> <p>Apple Pie with 1 ounce Cheese</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

RICE-CHEESE CASSEROLE

Main Dishes (protein-rich) D-67

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|---------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 10 lb. | 2-1/2 gal. . | Grated cheese | | 1. Add cheese to the hot milk. Stir to blend. |
| | 1-1/4 gal. . | Hot milk. | | |
| | 1 qt. (20) .. | Eggs, beaten. | | |
| 16 lb. 8 oz. | 2-3/4 gal. . | Cooked rice (card B-12 or B-13) | | 2. Combine eggs and rice. Add olives, if desired. |
| 1 lb. 4 oz. | 1 qt. | Chopped stuffed .. olives, if desired | | 3. Pour the cheese sauce over rice mixture and mix well. |
| | | | | 4. Place in 4 baking pans (about 12 by 20 by 2 inches), about 1 gallon 1/2 quart per pan. |
| | | | | 5. Bake at 350° F. (moderate) 40 minutes or until lightly browned. |

PORTION: About 2/3 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. RICE-CHEESE-HAM CASSEROLE: Use only 7 pounds (1-3/4 gallons) grated cheese and add 3 pounds (2-1/2 quarts) coarsely chopped cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
2. RICE-CHEESE-LUNCHEON MEAT CASSEROLE: Use only 7 pounds (1-3/4 gallons) grated cheese and add 3 pounds (2-1/4 quarts) diced luncheon meat. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

RICE-CHEESE CASSEROLE---Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Rice-Cheese Casserole</p> <p>Cole Slaw</p> <p>Cinnamon Apple</p> <p>Peanut Butter-Raisin Cookies</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Rice-Cheese Casserole</p> <p>Asparagus</p> <p>Carrot and Celery Sticks</p> <p>Apple Crisp</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------|--|-----------------------|--|
| Weights | Measures | | | |
| 12 lb. | | Boneless lean fresh pork | | 1. Cut pork into 1-inch pieces. Sprinkle with salt. Brown in the fat or oil. |
| 1 oz. | 2 tbsp. ... | Salt | | |
| 2 oz. | 1/4 cup ... | Fat or oil | | |
| | 3 qt. | Water | | 2. Add water, cover pot, and simmer until meat is tender. Skim off excess fat. |
| 1 lb. | 1 qt., sifted | All-purpose flour. | | 3. Beat flour and sour cream together. |
| 6 lb. | 3 qt. | Sour cream | | |
| 5 lb. 4 oz. | 3-3/4 qt. ... | Diced potatoes ... | | 4. Add potatoes, carrots, onions, lima beans, and salt to the flour and cream. Mix well. |
| 3 lb. 8 oz. | 2-3/4 qt. ... | Sliced carrots ... | | 5. Combine meat and vegetable mixtures. |
| 2 oz. | 1/3 cup ... | Chopped onion ... | | 6. Pour mixture into 4 baking pans (about 12 by 20 by 2 inches), about 3/4 gallons or about 7 pounds 6 ounces per pan. (continued on back) |
| 2 lb. 5 oz. | 1-3/4 qt. ... | Green lima beans | | |
| 2 oz. | 1/4 cup | Salt | | |

SAVORY PORK --Continued

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------|-------------|--------------------|---|
| Weights | Measures | | | |
| | | | | 7. Cover pans and bake at 375° F. (moderate) 45 minutes. Remove cover and bake until lightly browned. |

PORTION: 1/2 cup--provides 1 ounce cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|-----------------------|-----------------------|-----------------------------|
| Savory Pork | Savory Pork | |
| Green Beans | Spinach | |
| Sliced Tomato Salad | Cranberry Fruit Salad | |
| Peanut Butter Cookies | Baked Custard | |
| Whole Wheat Bread | Hard Roll | |
| Butter or Margarine | Butter or Margarine | |
| 1/2 Pint Milk | 1/2 Pint Milk | |

BARBECUED SPARERIBS

Main Dishes (protein-rich) D-69

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|---|---|---|
| Weights | Measures | | | |
| 45 lb. | 100 pieces (about 7 oz. each) | Spareribs | | 1. Place ribs in pans and cover. 2. Bake at 350° F. (moderate) for 1-1/2 hours, or until tender. |
| 2 lb. 12 oz. | 1qt. 1-1/4 cups 2-1/4 cups | Chopped onion Chopped green pépper | | 3. Cook vegetables in the fat for 5 minutes. |
| 12 oz. 8 oz. | 3 cups 1 cup | Chopped celery ... Butter or margarine | | |
| 8 oz. 4 lb. 8 oz. | 1 cup 1 cup 1-1/4 cups 2 qt. 1/2 cup 3 tbsp. 1 qt. | Sugar Vinegar Lemon juice Catsup Worcestershire sauce Powdered dry mustard Water | | 4. Add remaining ingredients and simmer 10 minutes. 5. Pour sauce over the ribs. Bake uncovered at 350° F. (moderate) for 30 minutes. |

PORTION: 1 piece (about 6 ounces cooked)--provides 2 ounces cooked lean meat.

(over)

BARBECUED SPARERIBS--Continued

VARIATION

1. BARBECUED PORK NECK BONES: Use 45 pounds pork neck bones, cut in pieces about 7 ounces each, in place of spareribs. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| Barbecued Spareribs Green Lima Beans Celery Sticks Citrus Fruit Cup Whole Wheat Bread Butter or Margarine 1/2 Pint Milk | Barbecued Spareribs Whole-Kernel Corn Tossed Green Salad with Tomatoes Tapioca Pudding Bread Butter or Margarine 1/2 Pint Milk | |

BEAN CASSEROLE

Main Dishes (protein-rich) D-70

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|------------------|-----------------------|----------------------|--|
| Weights | Measures | | | |
| 6 lb. | 3-3/4 qt. | Large dry lima beans | | 1. Soak and cook beans (card D-1). Drain; reserve the liquid. |
| | 2 gal. | Water | | |
| 2 oz. | 1/4 cup... | Salt | | |
| 7 lb. 8 oz. | | Ground beef | | 2. Combine beef, onion, and salt. |
| 2 lb. 8 oz. | 1 qt. 2-2/3 cups | Chopped onion ... | | Brown in oven at 400° F. (hot) for 20 minutes. |
| 2-1/2 oz. | 1/3 cup... | Salt | | |
| 5 lb. 8 oz. | 2-1/2 qt. | Condensed tomato soup | | 3. Combine beef mixture, beans, soup, worcestershire sauce, and bean liquid. |
| | 1/4 cup... | Worcestershire sauce | | 4. Pour mixture into 4 baking pans (about 12 by 20 by 2 inches), about 3-1/2 quarts or 7 pounds 10 ounces per pan. |
| | 1 qt. | Bean liquid | | 5. Bake at 400° F. (hot) about 30 minutes or until mixture is thickened. |

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

BEAN CASSEROLE--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Bean Casserole</p> <p>Brussels Sprouts</p> <p>Carrot Strips</p> <p>Cherry Pie</p> <p>Cornmeal Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Bean Casserole</p> <p>Tossed Green Salad with Spinach</p> <p>Apricot Crisp</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

BRAISED SHORT RIBS

Main Dishes (protein-rich) D-71

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------------------------|----------------------|----------------------|--|
| Weights | Measures | | | |
| 50 lb. | 200 pieces (4 oz. each) | Short ribs..... | | 1. Roll short ribs in flour and salt which have been sifted together. Place in 4 baking pans (about 12 by 20 by 2 inches). |
| 12 oz. | 3 cups, sifted | All-purpose flour | | 2. Add water, cover pans, and |
| 1-1/4 oz. | 2-2/3 tbsp. | Salt | | bake at 350° F. (moderate) |
| | 1-1/2 qt. | Water | | 2 hours. Remove cover and |
| | | | | bake 30 minutes longer, or |
| | | | | until meat is tender and |
| | | | | brown. |

PORTION: 2 pieces (about 5-3/4 ounces cooked)--provides 2 ounces cooked lean meat.

BRAISED SHORT RIBS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Braised Short Ribs</p> <p>Green Asparagus</p> <p>Steamed Rice</p> <p>Tangerine or Other Fruit</p> <p>Hard Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Braised Short Ribs</p> <p>Sliced Tomatoes with Green Pepper Rings</p> <p>Parslied Potato</p> <p>Sugar Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

FISH FLAKE SHORTCAKE

Main Dishes (protein-rich) D-72

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|-----------------------|-------------------|--------------------------|-------------------------|---|
| Weights | Measures | | | |
| 11 cans (14 oz. each) | 1 gal. 1-1/2 qt. | Fish flakes | | 1. Separate fish flakes. |
| 12 oz. | 1-1/2 cups | Butter or margarine | | 2. Melt the fat; add onion and cook until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend well. |
| 12 oz. | 2 cups | Chopped onion | | 3. Blend fish flakes into the sauce. Add salt to taste. Heat. |
| 1 lb. 4 oz. | 1-1/4 qt., sifted | All-purpose flour | | |
| | 1-3/4 gal. | Hot milk | | |
| 1 lb. 8 oz. | 1-1/2 qt. | Grated cheese | | |
| | | Salt, to taste | | |
| | 12 | Hard-cooked eggs, sliced | | 4. Serve on split biscuit, toasted roll, or cornbread, using a 4-ounce ladle (1/2 cup). Garnish with a slice of egg. |

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

FISH FLAKE SHORTCAKE--Continued

VARIATIONS

1. PACIFIC SARDINE SHORTCAKE: Use 14 cans (15 ounces each) or 1 gallon 1-1/4 quarts drained Pacific sardines in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
2. SALMON SHORTCAKE: Use 13 cans (16 ounces each) or 1 gallon 1-3/4 quarts drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
3. SHRIMP SHORTCAKE: Use 9 pounds 8 ounces (2 gallons 1/2 cup) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
4. TUNA SHORTCAKE: Use 26 cans (6-1/2 or 7 ounces each) or 1 gallon 2-1/2 quarts drained tuna in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Fish Flake Shortcake Green Beans Raw Cauliflower Pear or Other Fruit Biscuit Butter or Margarine 1/2 Pint Milk | Fish Flake Shortcake Grapefruit Juice New Beets and Greens Carrot Sticks Toasted Roll Butter or Margarine 1/2 Pint Milk | |

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|---------------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 6 lb. | 1 gal. | Dry blackeye peas | | 1. Sort and wash peas. Bring water to boiling and add peas and salt. Boil 2 minutes; remove from the heat and let soak 1 hour. If more convenient, soak peas over night after the 2-minute boil. |
| | 1-3/4 gal. | Water | | |
| 1 oz. | 2 tbsp. ... | Salt | | |
| 3 lb. | | Bacon, cut in 1-inch pieces | | 2. Cook bacon until crisp. Add green pepper and cook slightly. |
| 7 oz. | 1-1/3 cups | Chopped green pepper | | 3. Add bacon mixture and salt to the peas. Cook until peas are tender, about 25 minutes. |
| 1-1/4 oz. | 2-2/3 tbsp. | Salt | | |
| 3 lb. 12 oz. | 2-1/2 qt. | Cooked rice (card B-12 or B-13) | | 4. Combine rice with peas. 5. Simmer until mixture is thickened. |

PORTION: 1/2 cup--provides about 1/4 cup cooked dry peas. (over)

HOPPING JOHN--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Hopping John</p> <p>Cole Slaw</p> <p>Apple Pie with 1 ounce Cheese</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Hopping John</p> <p>Kale or Other Greens</p> <p>Turnip Sticks</p> <p>Peanut Butter-Raisin Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

OVEN-FRIED LIVER

Main Dishes (protein-rich) D-74

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------------------------|-------------------|-----------------------|---|
| Weights | Measures | | | |
| 18 lb. | 100 slices (about 3 oz. each) | Beef liver..... | | 1. Skin liver and roll it in the flour and salt which have been sifted together. |
| 1 lb. 4 oz. | 1-1/4 qt., sifted | All-purpose flour | | |
| 1 oz. | 2 tbsp. ... | Salt | | |
| 1 lb. | 2 cups | Melted fat or oil | | 2. Place on greased sheet pans. 3. Pour fat or oil over liver and bake at 400° F. (hot) 15 minutes. |

PORTION: 1 slice--provides 2 ounces cooked lean meat.

(over)

OVEN-FRIED LIVER--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Oven-Fried Liver</p> <p>Potato in Jacket</p> <p>Tossed Green Salad with Spinach</p> <p>Raisin Cookies</p> <p>Rye Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Oven-Fried Liver</p> <p>Corn O'Brien</p> <p>Orange-Grapefruit Salad</p> <p>Creamy Rice Pudding</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------------|---------------------------------|-----------------------|---|
| Weights | Measures | | | |
| | 8 cakes... | Compressed yeast | | 1. Prepare dough (card B-17). Follow directions given for Step 1 through Step 5. |
| | <u>or</u> 8 packages | <u>or</u> Active dry yeast.. | | 2. Punch down. Divide dough into 2-ounce balls. |
| | 2 qt. 1/2 | Lukewarm water.. | | |
| About 7 lb. | cup | All-purpose flour | | |
| 4 oz. | About 7-1/4 | Nonfat dry milk... | | |
| 7 oz. | qt., sifted | Sugar..... | | |
| 8 oz. | 1-3/4 cups | Salt | | |
| 1-3/4 oz. | 1 cup..... | Melted shortening | | |
| 8 oz. | 3-2/3 tbsp. | | | |
| | 1 cup..... | | | |
| 12 lb. 8 oz. | 100..... | Frankfurters | | 3. Roll out the 2-ounce balls and wrap one piece of dough around each frankfurter. Pinch edges of dough together to seal. |
| | | | | 4. Place on greased sheet pans and let rise in a warm place until almost doubled in volume (about 30 minutes). |
| | | | | 5. Bake at 400° F. (hot) 14 minutes. |

PORTION: 1 roll--provides 2 ounces cooked lean meat.

PIGS IN BLANKETS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Pigs in Blankets</p> <p>Green Peas</p> <p>Tomato Aspic on Cress</p> <p>Chocolate Cream Pie</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Pigs in Blankets</p> <p>Cream of Potato Soup</p> <p>Celery and Carrot Sticks</p> <p>Orange</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

TUNA WIGGLE

Main Dishes (protein-rich) D-76

| 100 Portions | | Ingredients | For — Portions | Directions |
|-------------------------------------|----------------------|------------------------------|-------------------|--|
| Weights | Measures | | | |
| 34 cans (6-1/2 or 7 oz. each) | 2 gal. 1/2 qt. | Drained tuna | | 1. Flake the fish. |
| 12 oz. | 1-1/2 cups | Butter or margarine | | 2. Melt the fat; add onion and cook until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly. |
| 12 oz. | 2 cups | Chopped onion | | |
| 1 lb. 4 oz. | 1-1/4 qt., sifted | All-purpose flour | | |
| 2-1/2 oz. . | 1/3 cup ... | Salt | | |
| | 2-1/2 gal. | Hot milk | | |
| 9 lb. 10 oz. | 1-1/2 gal. | Drained cooked green peas | | 3. Add peas and tuna to the sauce. Heat. 4. Serve on split biscuit, toasted roll, or cornbread, using a No. 6 scoop (2/3 cup). |

PORTION: 2/3 cup--provides 2 ounces cooked fish and 1/4 cup vegetable.

TUNA WIGGLE---Continued

VARIATIONS

1. FISH FLAKE WIGGLE: Use 15 cans (14 ounces each) or 1 gallon 3-1/2 quarts fish flakes in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
2. SALMON WIGGLE: Use 16 cans (16 ounces each) or 1-3/4 gallons salmon in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
3. SHRIMP WIGGLE: Use 12 pounds 8 ounces (2 gallons 2-3/4 quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.

SUGGESTED MENU

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Tuna Wiggle</p> <p>Tossed Green Salad with Tomatoes</p> <p>Prune Crunch</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Tuna Wiggle</p> <p>Broccoli</p> <p>Jellied Applesauce Salad</p> <p>Crispy Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

1. Use interesting, colorful combinations of fruits and vegetables (fresh, canned, dried, or frozen).
2. Prepare as near serving time as possible.
3. Have good tools--vegetable brush, sharp knives, mechanical cutters, and cutting boards.
4. Wash fresh salad materials gently but thoroughly.
5. Drain all salad materials well before using them.
6. Cut, slice, or shred salad materials into desired shapes or bite-sized pieces.
7. Mix cooked vegetable salads lightly with french dressing or mayonnaise and chill about 1 hour before serving. Add dressings to all other salads just before serving them.
8. Handle salad ingredients gently. Toss or mix them lightly with forks.
9. Keep all salad materials and finished salads refrigerated except during actual handling. Cover salad greens with a damp towel to help keep them fresh and crisp.

1. GREEN CABBAGE, CARROTS, PINEAPPLE--Mayonnaise thinned with orange juice.
2. CABBAGE, CARROTS, BANANAS--Mayonnaise thinned with lemon juice.
3. CABBAGE, CUCUMBERS, TOMATOES, ONIONS--Cooked salad dressing.
4. CABBAGE, APPLES, NUTS--Sour cream dressing.
5. CABBAGE, CARROTS, GREEN PEPPERS--Peanut butter-sweet french dressing.
6. CABBAGE, CARROTS, CELERY, PEANUTS--Thousand Island dressing.
7. CABBAGE, PINEAPPLE, BANANAS--Mayonnaise.
8. CABBAGE, GREEN PEPPERS, RAW BEETS--French dressing with cottage cheese.
9. CABBAGE, CARROTS, WATER CRESS--Mayonnaise thinned with lemon juice.
10. CABBAGE, APPLES, RAISINS--Mayonnaise or cooked salad dressing.
11. CABBAGE, ORANGES--French dressing made with sweet pickle vinegar.
12. CABBAGE, HARD-COOKED EGGS, PECANS--Basic french or cooked salad dressing.
13. CABBAGE, ONIONS, GREEN PEAS--Sour cream dressing.
14. CABBAGE, PECANS, CARROTS--Mayonnaise or cooked salad dressing.
15. CABBAGE, PIMIENTOS, GREEN PEPPERS--Basic french dressing.

1. APPLES, CELERY, DATES, NUTS--Mayonnaise thinned with lemon juice and honey.
2. DRIED FIGS, GRAPEFRUIT, ORANGES, APPLES, NUTS--Sweet french dressing.
3. CRANBERRIES, GRAPEFRUIT, DATES--Mayonnaise.
4. FRESH PEACHES, CANTALOUPE, STRAWBERRIES--Sour cream dressing.
5. KADOTA FIGS, ORANGES, APPLES--Mayonnaise.
6. BANANAS, ORANGES, COCONUT--Sweet french dressing.
7. APRICOTS, PINEAPPLE CHUNKS, KADOTA FIGS--Basic french dressing.
8. PEACHES, ORANGES, CHERRIES, BANANAS--Sweet french dressing.
9. PEARS, ORANGES, GRAPE--Mayonnaise.
10. DRIED FIGS, DRIED APRICOTS, ORANGES--Sweet french dressing.
11. PEARS, BANANAS, BLUEBERRIES--Honey-french dressing.
12. RAW CRANBERRIES, UNPEELED DICED APPLES, BANANAS--Basic french dressing.
13. APPLES, PEARS, CELERY, NUTS--Mayonnaise.
14. ORANGES, BANANAS, GRAPE--Basic french dressing.
15. PEARS, MELON, ORANGES--Sweet french dressing.

1. COOKED CARROTS, POTATOES, GREEN PEAS, GREEN BEANS, PIMIENTOS--Basic french dressing.
2. RAW SPINACH, CAULIFLOWER, BROCCOLI, CELERY, GREEN PEPPERS--Basic french dressing.
3. RAW CARROTS, WATER CRESS, LETTUCE, CELERY--Mayonnaise diluted with lemon juice.
4. CELERY, WHOLE GRAIN CORN, SWEET RED PEPPERS--Sour cream dressing.
5. COOKED GREEN BEANS, CELERY, ONIONS, PIMIENTOS--Basic french dressing.
6. COOKED GREEN LIMA BEANS, RAW CAULIFLOWER, RAW CARROTS--French dressing with hard-cooked egg, grated onion and sweet relish.
7. CUCUMBERS, ONIONS, TOMATOES, CHICORY--Basic french dressing.
8. RAW SPINACH, TOMATOES, CELERY, ONIONS--Cooked salad dressing.
9. RAW CARROTS, CELERY, CUCUMBERS, GREEN PEPPERS--Mayonnaise.
10. ENDIVE, DICED COOKED BEETS, CELERY, GREEN ONIONS--Basic french dressing.

CHEESE-KIDNEY BEAN SALAD

Salads (protein-rich) E-5

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------------|------------------------------|--|-----------------------|--|
| Weights | Measures | | | |
| 5 lb. 8 lb. 10 oz. | 1 gal. 1-1/4 gal. | Diced cheese Canned or cooked kidney beans (card D-1) | | <ol style="list-style-type: none"> 1. Combine all ingredients. Toss lightly. 2. Refrigerate for 1 hour to blend flavors. 3. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |
| 2 lb. 8 oz. | 2 qt. | Chopped sweet pickle | | |
| 2 lb. 8 oz. | 2-1/2 qt. .. | Chopped celery | | |
| 8 oz. | 1-1/3 cups | Chopped onion | | |
| 2-1/2 oz | 1/3 cup 20 | Salt Hard-cooked eggs, diced | | |
| 1 lb. 8 oz. | 3 cups..... | Mayonnaise (card F-3) | | |
| 3 oz. | 1/3 cup 1/3 cup | Prepared mustard Pickle liquid | | |

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. TURKEY, CHICKEN, OR VEAL AND KIDNEY BEAN SALAD: Use 5 pounds (1 gallon) cooked diced turkey, chicken, or veal in place of cheese. One portion provides the equivalent of 2 ounces protein-rich food.

CHEESE - KIDNEY BEAN SALAD --Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Cheese - Kidney Bean Salad</p> <p>Scalloped Tomatoes</p> <p>Applesauce</p> <p>Cookies</p> <p>Vienna Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Cheese - Kidney Bean Salad</p> <p>Onion-Tomato Soup</p> <p>Strawberries</p> <p>Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------------|---|--|-------------------------|--|
| Weights | Measures | | | |
| 2 lb. | 1-1/4 qt. . . 1 qt. 2 tbsp. | Vinegar..... Sugar..... Celery seed..... | | 1. Combine vinegar, sugar, celery seed, salt, and pepper. Mix well. |
| 1/2 oz.... | 1 tbsp. | Salt | | 2. Stir vinegar mixture into shredded cabbage and let stand at least 10 minutes. Serve cold. |
| 13 lb..... | 2 tsp. 3-1/4 gal. . | Pepper Shredded cabbage | | |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATIONS

- 1. CABBAGE-PEPPER SLAW: Use 1 quart of sliced green pepper in place of 1 quart of shredded cabbage. One portion provides 1/2 cup vegetable.
- 2. CABBAGE-CARROT SLAW: Use only 7 pounds (1-3/4 gallons) shredded cabbage and add 7 pounds (1-3/4 gallons) shredded carrots. One portion provides 1/2 cup vegetable.



EGG SALAD

Salads (protein-rich) E-7

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|---------------------------|-----------------------|--|
| Weights | Measures | | | |
| | 100 | Hard-cooked eggs, chopped | | 1. Combine all ingredients and mix thoroughly. Chill. 2. Portion with a No. 12 scoop (1/3 cup) and serve on salad greens. |
| 3 lb. | 3 qt. | Chopped celery... | | |
| 2 lb. 8 oz. | 2 qt. | Chopped sweet pickle | | |
| 1 lb. 5 oz. | 2-2/3 cups | Mayonnaise (card F-3) | | |
| 2 oz. | 1/4 cup... | Salt | | |
| | 1-1/3 tbsp. | Grated onion | | |
| | 2 tsp. | Prepared mustard | | |
| | 2/3 cup... | Pickle liquid | | |

PORTION: 1/3 cup--provides 1 egg.

VARIATION

1. EGG AND CHICKEN SALAD: Use only 50 hard-cooked eggs and add 6 pounds 4 ounces (1-1/4 gallons) chopped cooked chicken, and increase mayonnaise to 1 pound 13 ounces (3-2/3 cups). One portion provides the equivalent of 2 ounces protein-rich food.

(over)

EGG SALAD--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Egg Salad</p> <p>Carrots</p> <p>Tomato Wedges</p> <p>Apple Crisp</p> <p>Bran Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Egg Salad</p> <p>Green Beans with Onions</p> <p>Oven-browned Sweetpotato</p> <p>Orange or Other Citrus Fruit</p> <p>Whole Wheat Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

HOT POTATO SALAD

Salads E-8

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------|-------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 2 lb..... | | Bacon, cut in 1/2-inch pieces | | 1. Heat bacon, add onion, and cook slowly until brown. |
| 1 lb. | 2-2/3 cups | Chopped onion..... | | |
| | 1 1/4 qt.... | Vinegar..... | | 2. Add vinegar, water, salt, and sugar and heat to boiling. |
| | 1 qt. | Water | | |
| | 3-1/3 tbsp. | Salt | | |
| 1-1/2 oz.. | 3 tbsp..... | Sugar..... | | |
| 24 lb..... | 3 gal. | Sliced cooked potatoes | | 3. Pour dressing over potatoes and mix well. Garnish with eggs. |
| | 8 | Hard-cooked eggs, diced | | |

PORTION: About 1/2 cup--provides 1/2 cup vegetable.



JELLIED COTTAGE CHEESE AND VEGETABLE SALAD

Salads (protein-rich) E-9

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|------------------|-------------------------|-------------------|---|
| Weights | Measures | | | |
| 3 lb. | 2 qt. | Lime-flavored gelatin | | 1. Dissolve flavored and unflavored gelatin in hot water. |
| 3/4 oz. ... | 2-1/3 tbsp. | Unflavored gelatin | | |
| | 1-1/4 gal. | Hot water..... | | |
| | 1/3 cup ... | Vinegar | | 2. Add vinegar, lemon juice, grated onion, and salt. Chill until mixture begins to thicken. |
| | 1/3 cup ... | Lemon juice | | |
| | 1/3 cup ... | Grated onion | | |
| 1-1/4 oz. | 2-2/3 tbsp. | Salt | | |
| 10 oz. | 2 cups | Diced green pepper | | 3. Blend in green pepper, carrots, cucumber, and cottage cheese. |
| 1 lb. | 1 qt. | Finely shredded carrots | | 4. Pour into 4 pans (about 12 by 20 by 2 inches), 2-1/2 quarts or 5 pounds 8 ounces per pan. Chill until set. |
| 1 lb. 8 oz. | 1 qt. | Diced cucumber .. | | 5. Cut and serve on salad greens. |
| 12 lb. 8 oz. | 1 gal. 2-1/4 qt. | Cottage cheese ... | | |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides 2 ounces cheese. (over)

JELLIED COTTAGE CHEESE AND VEGETABLE SALAD--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Jellied Cottage Cheese and Vegetable Salad</p> <p>Creamed Asparagus on Buttered Toast</p> <p>Pear or Other Fruit</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Jellied Cottage Cheese and Vegetable Salad</p> <p>Potato Salad</p> <p>Tomato Wedges</p> <p>Lemon Meringue Pie</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

JELLIED FRUIT SALAD (using flavored gelatin)

Salads E-10

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|-------------|--|-------------------------|---|
| Weights | Measures | | | |
| 3 lb. | 2 qt. | Lemon-flavored gelatin | | 1. Dissolve gelatin in the water and fruit juice. Chill until mixture begins to thicken. |
| | 2 gal. | Hot water and fruit juice | | |
| 3 lb. | 1-1/2 qt. | Cubed fresh grape-fruit sections | | |
| 3 lb. 8 oz. | 2 qt. | Cubed orange sections | | 2. Add fruits. |
| | 1-1/4 gal. | Diced drained canned fruit, or other fruit combination | | 3. Pour into 4 pans (about 12 by 20 by 2 inches), about 1 gallon or 9 pounds 2 ounces per pan. Chill until set. |
| | | | | 4. Cut and serve on salad greens. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides 1/4 cup fruit.



JELLIED FRUIT SALAD (using unflavored gelatin)

Salads E-11

| 100 Portions | | Ingredients | For — Portions | Directions |
|---------------------------------------|--|--|----------------------------------|---|
| Weights | Measures | | | |
| 8 oz. | 1-1/2 cups 1-1/4 qt. .. 3-1/2 qt. .. | Unflavored gelatin Cold water Water and fruit juice | | 1. Soak gelatin in the cold water. 2. Heat 2 quarts of the water and fruit juice. Add gelatin and stir until dissolved. |
| 3 lb. | 1-1/2 qt. .. 2 tsp. 1 qt. 1/2 cup 6 6-oz. cans | Sugar Salt Lemon juice Orange juice concentrate | | 3. Combine remaining water and fruit juice, sugar, salt, lemon juice, and orange concentrate. 4. Stir in the gelatin mixture. Chill until mixture begins to thicken. |
| | 1-3/4 gal... | Diced drained canned or fresh fruit | | 5. Add fruit. 6. Pour into 4 pans (about 12 by 20 by 2 inches), about 3-1/4 quarts or 8 pounds 2 ounces per pan. Chill until set. 7. Cut and serve on salad greens. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides 1/2 cup fruit.



PACIFIC SARDINE-APPLE SALAD

Salads (protein-rich) E-12

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------------|--------------|----------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 18 cans (15 oz. each) | 1-3/4 gal. | Drained pacific sardines | | 1. Flake the fish. |
| 4 lb. | 1 gal. | Diced apple | | 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill. 3. Portion with a No. 12 scoop (1/3 cup) and serve on salad greens. |
| 2 lb. | 2 qt. | Diced celery | | |
| 1 lb. 4 oz. | 1 qt. | Raisins | | |
| 1 lb. 8 oz. | 3 cups | Cooked salad dressing (card F-2) | | |
| | | Salt, to taste | | |

PORTION: 1/3 cup--provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.

VARIATIONS

1. FISH FLAKE - APPLE SALAD: Use 15 cans (14 ounces each) or 1 gallon 3-1/2 quarts fish flakes in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.
2. SALMON - APPLE SALAD: Use 16 cans (16 ounces each) or 1-3/4 gallons salmon in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.
3. TUNA - APPLE SALAD: Use 34 cans (6-1/2 or 7 ounces each) or 2 gallons 1/2 quart tuna in place of Pacific sardines and increase salad dressing to 5 pounds (2-1/2 quarts). One portion (1/2 cup) provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.

PACIFIC SARDINE - APPLE SALAD --Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Pacific Sardine - Apple Salad</p> <p>Baked Potato</p> <p>Carrots and Peas</p> <p>Iced Cup Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Pacific Sardine - Apple Salad</p> <p>Green Beans</p> <p>Orange Juice</p> <p>Stewed Prunes</p> <p>Cheese Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

PINEAPPLE-COTTAGE CHEESE SALAD

Salads (protein-rich) E-13

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|----------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 12 lb. 8 oz. | 1 gal. 2-1/4 qt. | Cottage cheese ... | | 1. Combine all ingredients and mix lightly. |
| 4 lb. 8 oz. | 2 qt. | Drained canned crushed pineapple | | 2. Portion with a No. 12 scoop (1/3 cup) and serve on shredded carrots or salad greens. |
| 1/2 oz. ... | 1 tbsp. | Salt | | |

PORTION: Scant 1/3 cup--provides 2 ounces cheese.

VARIATIONS

1. PEACH-COTTAGE CHEESE SALAD: Use 4 pounds 8 ounces (2-1/4 quarts) drained diced peaches in place of pineapple. One portion provides 2 ounces cheese.
2. VEGETABLE-COTTAGE CHEESE SALAD: Use 4 pounds 8 ounces chopped raw vegetables (celery, green pepper, carrot) and 2 ounces chopped onion in place of pineapple. One portion provides 2 ounces cheese.

(over)

PINEAPPLE-COTTAGE CHEESE SALAD--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Pineapple-Cottage Cheese Salad</p> <p>Split Pea Soup</p> <p>Orange or Grapefruit Sections</p> <p>Hot Biscuit</p> <p>Honey Butter</p> <p>1/2 Pint Milk</p> | <p>Pineapple-Cottage Cheese Salad</p> <p>1 ounce Cold Roast Pork</p> <p>Buttered Carrots</p> <p>Blackberries</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

POTATO SALAD

Salads E-14

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|------------------|------------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 19 lb. | 2 gal. 1-1/2 qt. | Diced cooked potatoes | | 1. Combine all ingredients. 2. Chill for 1 hour to allow potatoes to absorb the dressing. 3. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |
| 4 oz. | 1/2 cup... | Salt | | |
| 3 lb. | 3 qt. | Coarsely chopped celery | | |
| | 38..... | Hard-cooked eggs, coarsely chopped | | |
| 1 lb. | 2-2/3 cups | Chopped onion | | |
| 2 lb. 8 oz. | 1-1/4 qt... | Mayonnaise (card F-3) | | |
| 2 lb. 8 oz. | 1-1/4 qt... | Cooked salad dressing (card F-2) | | |

PORTION: About 1/2 cup--provides 1/2 cup vegetable.



POTATO-CHEESE SALAD

Salads (protein-rich) E-15

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|------------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 15 lb. | 1 gal. 3-1/2 qt. | Diced cooked potatoes | | 1. Combine all ingredients. 2. Chill for 1 hour to allow potatoes to absorb dressing. 3. Portion with a No. 6 scoop (2/3 cup) and serve on salad greens. |
| | 50 | Hard-cooked eggs, coarsely chopped | | |
| 2-1/2 oz. . | 1/3 cup... | Salt | | |
| 2 lb. 8 oz. | 2-1/2 qt.. | Coarsely chopped celery | | |
| 12 oz. | 2 cups..... | Chopped onion | | |
| 6 lb. | 3 qt. | Mayonnaise (card F-3) | | |
| 6 lb. 4 oz. | 1 gal. 2-1/4 qt. | Grated cheese | | |

PORTION: About 2/3 cup--provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable. (over)

POTATO-CHEESE SALAD--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Potato-Cheese Salad</p> <p>Tomato Wedges</p> <p>Orange, Apple, Banana Cup</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Potato-Cheese Salad</p> <p>Brussels Sprouts</p> <p>Grapes or Other Fruit</p> <p>Prune-Oatmeal Cookies</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

RAISIN-CARROT SALAD

Salads E-16

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-------------------------------------|--|---|-------------------------|--|
| Weights | Measures | | | |
| 3 lb. 12 oz. | 3 qt. | Raisins | | 1. If raisins are dry, heat them with 1 cup water in the top of a double boiler for 20 minutes or until hot. Cool. |
| 5 lb. 8 oz. 2 lb. 8 oz. | 1 gal. 1-1/2 qt. 2 tsp. 1-1/4 qt. | Shredded carrots .. Salt .. Mayonnaise (card F-3) | | 2. Combine all ingredients. Chill 3. Portion with a No. 12 scoop (1/3 cup) and serve on salad greens. |

PORTION: 1/3 cup--provides 1/4 cup vegetable and fruit.

VARIATIONS

1. RAISIN-CARROT-COCOONUT SALAD: Use only 2 pounds 12 ounces raisins (2 quarts 1/4 cup) and add 1 pound toasted coconut. One portion provides 1/4 cup vegetable and fruit.
2. RAISIN-CARROT-CELERY SALAD: Use only 2 pounds 12 ounces raisins (2 quarts 1/4 cup) and add 1 pound (1 quart) chopped celery. One portion provides 1/4 cup vegetable and fruit.

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|--|----------------------------------|---|
| Weights | Measures | | | |
| 2 lb. 4 oz. | 1-1/2 qt. | Lemon-flavored gelatin Hot water..... Tomato sauce Tomato juice Water (or liquid from cooked vegetables plus water) | | 1. Dissolve gelatin in hot water. 2. Add tomato sauce, tomato juice, and water or liquid from vegetables. |
| | 1-1/2 qt. .. 1-1/2 qt. .. 3 qt. 1 qt. | | | |
| 1 lb. | 1 qt. 2 qt. 1 cup..... | Chopped celery... Mixed raw or cooked vegetables Sliced stuffed olives, if desired | | 3. Cool. When mixture begins to thicken, add celery, vegetables, and olives, if desired. 4. Pour into 4 pans (about 12 by 20 by 2 inches), 2-1/4 quarts or 5 pounds per pan. Chill until set. 5. Cut and serve on salad greens. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides 1/4 cup vegetable

VARIATION

1. EGG-TOMATO ASPIC SALAD: Pour 2 cups of the tomato aspic in the bottom of each pan. In place of mixed vegetables, use 50 hard-cooked eggs (cut in half lengthwise); place them cut side down on the aspic. When thickened, cover with remaining mixture. One portion (4 by 2-1/2 by 1 inch) provides 1 ounce protein-rich food.



TOSSED GREEN SALAD

Salads E-18

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|--------------|----------------------------------|-------------------|---|
| Weights | Measures | | | |
| 4 lb. | 1 gal. | Lettuce, cut in 1-inch slices | | 1. Combine and chill all vegetables. |
| 1 lb. | | Chopped spinach.. | | |
| 12 oz. | 2 cups | Chopped onion.... | | |
| 6 lb. | 1 gal. | Diced cucumber .. | | |
| 2 lb. | 2 qt. | Sliced radishes ... | | |
| 4 oz. | 1/2 cup | Salt | | 2. Just before serving sprinkle salt over vegetables. Add dressing and toss lightly until well mixed. |
| | 1 qt. | Basic french dressing (card F-1) | | |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATIONS

- 1. TOSSED GREEN SALAD WITH TOMATOES: Use 1 gallon cubed tomatoes in place of cucumber. One portion provides 1/2 cup vegetable.
- 2. TOSSED GREEN SALAD WITH CARROTS: Use 2 pounds (2 quarts) shredded carrots in place of sliced radishes. One portion provides 1/2 cup vegetable.



TURKEY SALAD

Salads (protein-rich) E-19

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|----------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 9 lb. | 1 gal. 3-1/4 qt. | Diced cooked turkey | | 1. Toss all ingredients together lightly, blending in enough salad dressing to coat well. Chill. 2. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |
| 4 lb. | 1 gal. | Diced celery | | |
| | 30. | Hard-cooked eggs, chopped | | |
| 1 lb. 14 oz. | 1-1/2 qt. | Chopped, mixed sweet pickle | | |
| 2 oz. | 1/4 cup | Salt | | |
| | About 1-1/4 qt. | Cooked salad dressing (card F-2) | | |

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. CHICKEN SALAD: Use 9 pounds (1 gallon 3-1/4 quarts) diced cooked chicken in place of turkey. One portion provides the equivalent of 2 ounces protein-rich food.
2. TURKEY SALAD WITH POTATOES: Add 8 pounds 8 ounces (1 gallon 1 cup) diced cooked potatoes and use 3 additional cups of salad dressing. If desired, add 6 ounces (1 cup) chopped onion. One portion (2/3 cup) provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

(over)

TURKEY SALAD--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|--|-----------------------------|
| <p>Turkey Salad</p> <p>Sliced Tomatoes</p> <p>Carrot and Celery Sticks</p> <p>Apricot Whip</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Turkey Salad</p> <p>Broccoli</p> <p>Fruit Cup</p> <p>Hot Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------|-------------------------|-------------------|---|
| Weights | Measures | | | |
| 13 lb. | 3 gal. | Diced unpared apples | | 1. Combine all ingredients except the nuts. Toss to blend. Chill. |
| 6 lb. | 1-1/2 gal. | Chopped celery... | | 2. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |
| 8 oz. | 1 cup..... | Sugar | | |
| | 2 tsp. | Salt | | |
| 1 lb. 8 oz. | 3 cups | Mayonnaise (card F-3) | | |
| | 1 cup..... | Lemon juice | | |
| 1 lb. 12 oz. | | Chopped nuts or peanuts | | 3. Garnish with chopped nuts (if added with other ingredients apples will dis-color). |

PORTION: 1/2 cup--provides 1/2 cup fruit.

VARIATIONS

1. WALDORF SALAD WITH GRAPES: Use only 3 pounds (3 quarts) chopped celery and add 3 pounds (2 quarts) seedless grapes. One portion provides 1/2 cup fruit.
2. WALDORF SALAD WITH DATES: Use only 3 pounds (3 quarts) chopped celery and add 3 pounds pitted dates cut in pieces. One portion provides 1/2 cup fruit.



| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------|-----------------------------|---------------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 3 lb. | 2 qt. | Strawberry- flavored gelatin | | 1. Dissolve gelatin and cran- berry sauce in the hot water. |
| 6 lb. | 3 qt. 1-1/4 gal. | Cranberry sauce Hot water. | | 2. Chill until slightly thickened. |
| 4 lb. | 3-3/4 qt. | Diced unpared apples | | 3. Fold in apples and bananas. |
| 6 lb. | 1 gal. 1-1/2 cups | Sliced bananas | | 4. Pour into 4 pans (about 12 by 20 by 2 inches), 3-1/4 quarts or 7 pounds per pan. Chill until set. |
| | | | | 5. Cut and serve on salad greens. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides about 1/4 cup fruit.

VARIATION

1. JELLIED CRANBERRY-PEAR SALAD: Use 6 pounds (1 gallon 1-1/2 cups) diced fresh pears in place of the bananas. One portion provides about 1/4 cup fruit.



| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|--------------|---------------------------------|-------------------|---|
| Weights | Measures | | | |
| 7 lb. 8 oz. | 1-1/2 gal. | Diced cooked lean smoked ham | | 1. Combine all ingredients and mix thoroughly. Chill. 2. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |
| 5 lb. | 1 gal. | Diced Swiss cheese | | |
| 4 lb. 8 oz. | 3 qt. | Cooked rice (card B-12 or B-13) | | |
| 3 lb. | 3 qt. | Diced celery | | |
| | 2 tbsp. | Chopped onion... | | |
| 1 oz. | 2 tbsp. | Salt | | |
| 1 lb. 5 oz. | 2-2/3 cups | Mayonnaise (card F-3) | | |
| | 1 tbsp. | Prepared mustard | | |
| | 1-1/3 cups | Lemon juice..... | | |

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. HAM-CHEESE SALAD: Use 5 pounds (1 gallon) diced American cheese in place of diced Swiss cheese; or use equal amounts (6 pounds 4 ounces each) ham and cheese. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

HAM-SWISS CHEESE SALAD--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| Ham-Swiss Cheese Salad Cream of Tomato Soup Apple Dumpling French Bread Butter or Margarine 1/2 Pint Milk | Ham-Swiss Cheese Salad Steamed Cabbage Wedges Cranberry Crunch Whole Wheat Roll Butter or Margarine 1/2 Pint Milk | |

JELLIED APPLESAUCE SALAD

Salads E-23

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------------|-----------------------------|-----------------------|---|
| Weights | Measures | | | |
| 3 lb. | 2 qt. | Lemon-flavored gelatin | | 1. Dissolve flavored and un-flavored gelatin in hot water. Chill until mixture begins to thicken. |
| 1 oz. | 3 tbsps ... | Unflavored gelatin | | |
| | 2 qt. | Hot water | | |
| 15 lb. | 1 gal. 2-3/4 qt. | Applesauce..... | | |
| 5 lb. | 2-1/4 qt. | Undrained crushed pineapple | | 2. Add fruits and celery. 3. Pour into 4 pans (about 12 by 20 by 2 inches), 3 quarts 1-1/2 cups or 7 pounds 8 ounces per pan. Chill until set. |
| 3 lb. | 2 qt. | Seedless grapes, halved | | |
| 2 lb. | 2 qt. | Chopped celery.. | | 4. Cut and serve on salad greens. |

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides 1/2 cup fruit and vegetable.

BASIC FRENCH DRESSING

Salad Dressings F-1

| Ingredients | 1-1/2 quarts | 3 quarts | 1-1/2 gallons | Directions |
|----------------------|--------------------|--------------------|--------------------|---|
| Salad oil..... | 1 qt. | 2 qt. | 1 gal. | 1. Combine all the ingredients and beat to blend. 2. Shake before using. |
| Vinegar..... | 2 cups 3/4 oz | 1 qt. 1-1/2 oz. | 2 qt. 2-1/2 oz. | |
| Salt | (1-1/2 tbsp.) | (3 tbsp.) | (1/3 cup) | |
| Sugar..... | 1 oz. (2 tbsp.) | 2 oz. (1/4 cup) | 4 oz. (1/2 cup) | |
| Paprika | 1/8 tsp. | 1/4 tsp. | 1/2 tsp. | |
| Powdered dry mustard | 1/2 tsp. | 1 tsp. | 2 tsp. | |

VARIATIONS

1. TOMATO-FRENCH DRESSING: Add onion juice and canned condensed tomato soup to taste.
2. HONEY-FRENCH DRESSING: Use honey in place of sugar.

COOKED SALAD DRESSING

Salad Dressings F-2

| Ingredients | 1-1/2 quarts | 3 quarts | 1-1/2 gallons | Directions |
|----------------------------|-------------------|--------------------------------|-------------------------|--|
| Sugar..... | 8 oz. (1 cup) | 1 lb. (2 cups) | 2 lb. (1 qt.) | 1. Mix sugar, flour, and seasonings. |
| All-purpose flour.. | 2-1/2 tbsp. | 1-1/2 oz. (6 tbsp., sifted) | 3 oz. (3/4 cup, sifted) | |
| Salt | 1/2 oz. (1 tbsp.) | 1 oz. (2 tbsp.) | 2 oz. (1/4 cup) | |
| Powdered dry mustard | 1 tbsp. | 2 tbsp. | 3/4 oz. (1/4 cup) | |
| Cayenne | 1/8 tsp. | 1/4 tsp. | 1/2 tsp. | 2. Stir the fat and eggs into the dry ingredients gradually. Slowly blend in the milk, then the vinegar. |
| Pepper | 3/4 tsp. | 1-1/2 tsp. | 1 tbsp. | |
| Melted butter or margarine | 1 oz. (2 tbsp.) | 2 oz. (1/4 cup) | 4 oz. (1/2 cup) | |
| Eggs, slightly beaten | 1-1/4 cups (6) | 2-1/2 cups (12) | 1-1/4 qt. (24) | |
| Milk | 3 cups | 1-1/2 qt. | 3 qt. | 3. Cook over hot water until mixture thickens, stirring occasionally. |
| Vinegar..... | 1-1/2 cups | 3 cups | 1-1/2 qt. | |

MAYONNAISE

Salad Dressings F-3

| Ingredients | 1 quart | 2 quarts | 1-1/4 gallons | Directions |
|-----------------------|-------------|-------------|-----------------|--|
| Salt | 2 tsp. | 1-1/3 tbsp. | 3 tbsp. | 1. Combine salt, mustard, and sugar. |
| Powdered dry mustard | 2 tsp. | 1-1/3 tbsp. | 3 tbsp. | 2. Add half the vinegar and the egg yolks. Beat well. |
| Sugar | 2 tsp. | 1-1/3 tbsp. | 3 tbsp. | |
| Vinegar | 2 tbsp. | 1/3 cup | 1 cup | |
| Egg yolks | 1/3 cup (4) | 2/3 cup (8) | 1-1/3 cups (16) | |
| Salad oil | 1 qt. | 2 qt. | 1 gal. | 3. Add oil, a few drops at a time, to the egg mixture, beating constantly, until 1 cup has been used. Continue beating, adding oil in larger quantities. |
| Lemon juice | 1 tbsp. | 2 tbsp. | 1/4 cup | 4. When the mayonnaise begins to thicken, add lemon juice and the rest of the vinegar alternately with the oil until all has been used. |
| | | | | 5. Store in a cool place. |

NOTE: This is a thick mayonnaise; it may be thinned by the addition of cooked salad dressing, cream, or fruit juices.

VARIATIONS

1. CHIFFONADE DRESSING: Add grated onion, chopped parsley, chopped hard-cooked eggs, chopped celery, dill pickle, and chili sauce to taste.
2. RUSSIAN DRESSING: Add chili sauce and lemon juice to taste.
3. PINEAPPLE DRESSING: Add crushed pineapple and juice to taste.
4. APRICOT DRESSING: Add apricot juice and lemon juice to taste.

SOUR CREAM DRESSING

Salad Dressings F-4

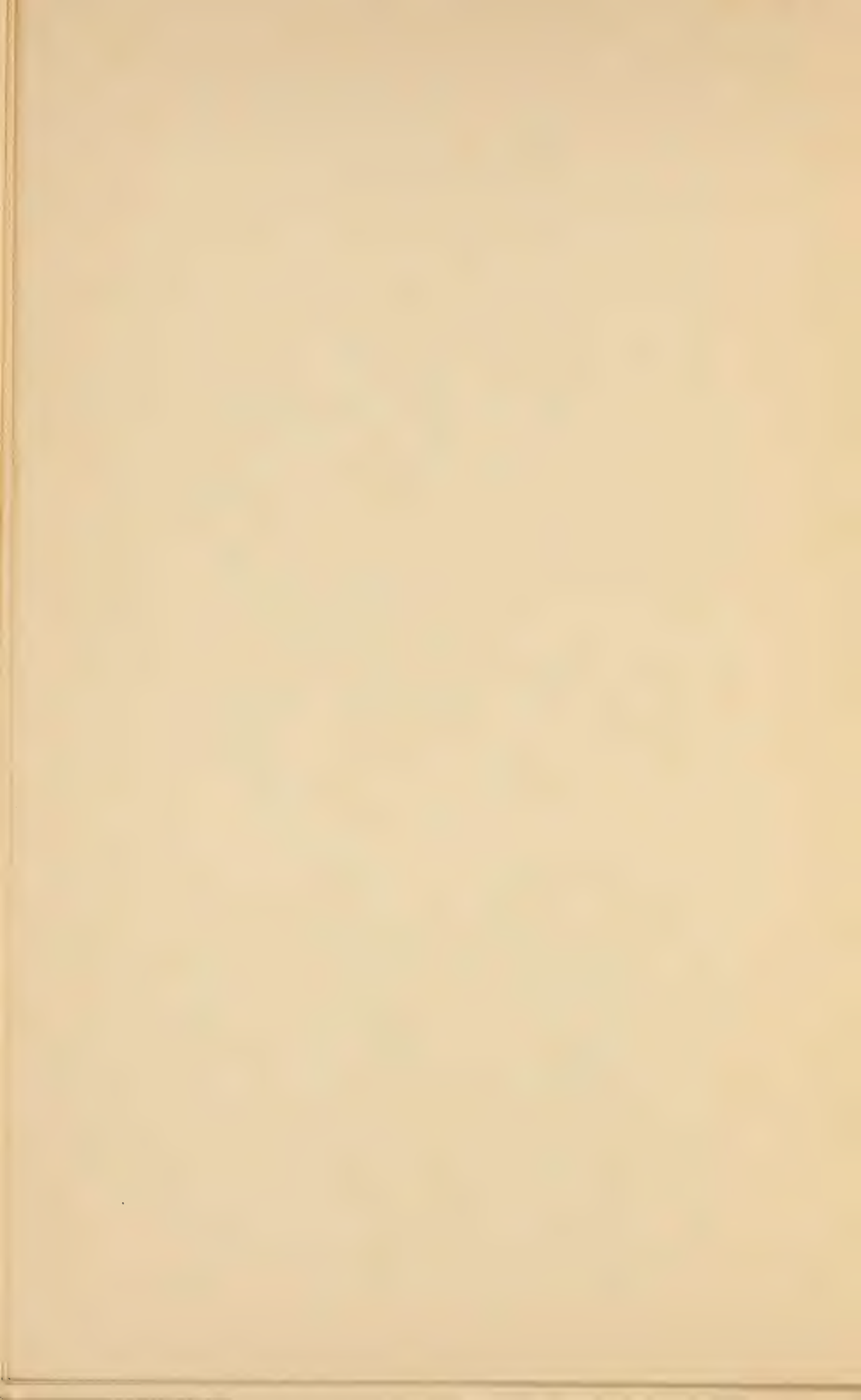
| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------------|--|--------------------------|-----------------------|---|
| Weights | Measures | | | |
| | 1-3/4 qt. (4 cans, 14 oz. each) | Evaporated milk | | 1. Combine milk, sugar, and salt. |
| 8 oz. | 1 cup 1-1/3 tbsps. | Sugar..... Salt | | |
| | 1 qt. | Vinegar..... | | 2. Add vinegar gradually, stirring briskly with a wire whip until ingredients are blended and sugar is dissolved. 3. Chill before serving. |

YIELD: 2-3/4 quarts.

SWEET FRENCH DRESSING

Salad Dressings F-5

| Ingredients | 1 quart | 2 quarts | 1 gallon | Directions |
|-------------------------|------------------------|---------------------------|--------------------------------|---|
| Sugar | 8 oz. (1 cup) | 1 lb. (2 cups) | 2 lb. (1 qt.) | 1. Combine sugar, salt, and mustard. |
| Salt | 1-1/4 tsp. | 2-1/2 tsp. | 1-2/3 tbsp. | |
| Powdered dry mustard | 1-1/4 tsp. | 2-1/2 tsp. | 1-2/3 tbsp. | |
| Vinegar | 1-1/3 cups | 2-2/3 cups | 1 qt. 1-1/3 cups | 2. Add vinegar and oil and beat well. |
| Salad Oil | 1-1/3 cups | 2-2/3 cups | 1 qt. 1-1/3 cups | |
| Onion juice | 1-1/4 tsp. | 2-1/2 tsp. | 1-2/3 tbsp. | 3. Blend in onion juice, pi- miento, and green pepper. 4. Serve on shredded cabbage, head lettuce, or fruit salad. |
| Chopped pimiento | 5-3/4 oz. (3/4 cup) | 11 oz. (1-1/3 cups) | 1 lb. 6 oz. (2-3/4 cups) | |
| Chopped green pepper | 5 oz. (1 cup) | 10 oz. (2 cups) | 1 lb. 4 oz. (1 qt.) | |



SUGGESTIONS FOR SANDWICH MAKING

Sandwiches G-1

1. Make sandwiches on the same day they are to be served.
2. Use a wood-top table or cutting board.
3. Assemble all equipment and materials in advance: knives, spoons, scoops, sandwich bags or waxed paper, damp towel and storage pans.
4. Use about 1 pound of butter or margarine for 100 sandwiches.
5. Soften butter or margarine by letting it stand at room temperature. Cream it by hand or in a mixer. In some sandwiches the butter may be mixed with filling, for example, peanut butter.
6. Have all ingredients ready. Prepare fillings just before using them. If lettuce is used, have it washed, crisped, and drained.
7. Refrigerate sandwich fillings and ingredients for fillings except during actual handling.

TO MAKE SANDWICHES:

1. Arrange sandwich bread in rows, preferably 4 rows of 10 slices each (20 sandwiches).
2. Spread all bread slices with softened butter or margarine.
3. Portion filling on alternate rows of bread.
4. Arrange lettuce leaves on filling, if they are used.
5. Place remaining buttered slices of bread on the filled slices.
6. Stack several sandwiches together and cut with a sharp knife.
7. Place cut sandwiches on damp towel covered with waxed paper in storage pan.
8. Cover sandwiches completely with waxed paper and damp towel.
9. Store in refrigerator until used.

CHEESE-EGG VEGETABLEBURGER

Sandwiches (protein-rich) G-2

| 100 Portions | | Ingredients | For____ Portions | Directions |
|----------------------|----------------------------|---------------------------|---------------------|--|
| Weights | Measures | | | |
| | 1 qt. 2-1/2 cups (32) | Eggs..... | | 1. Combine the eggs, vegetables, catsup and salt. Cook over boiling water about 15 minutes, stirring constantly. |
| 8 oz..... | 1-1/3 cups | Chopped onion | | |
| 5 oz..... | 1 cup..... | Chopped green pepper | | |
| 4 oz..... | 1 cup..... | Chopped celery ... | | |
| 1 lb. 6 oz. | 2-1/2 cups. 1-1/3 tbsp. | Catsup Salt..... | | |
| 8 lb. 8 oz. | 2 gal. 1/2 qt. | Grated cheese | | 2. Blend in the cheese. 3. Portion with a No. 16 scoop (1/4 cup). Serve between halves of a heated buttered roll. |

PORTION: 1 sandwich--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. CHEESE-VEGETABLE RAREBIT: Heat mixture until cheese is melted and serve over toasted buttered roll. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

CHEESE-EGG VEGETABLEBURGER--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Cheese-Egg Vegetableburger</p> <p>Green Salad</p> <p>Grapefruit Juice</p> <p>Prune Whip</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Cheese-Egg Vegetableburger</p> <p>Minestrone Soup</p> <p>Celery Sticks</p> <p>Blueberries</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

CHEESE-OLIVE SANDWICH FILLING

Sandwiches (protein-rich) G-3

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|------------------|--|-------------------|---|
| Weights | Measures | | | |
| 4 lb..... | 2 qt..... | Cream cheese..... | | 1. Blend cheese, butter or margarine, onion, salt and worcestershire sauce. |
| 2 lb. 4 oz. | 1 qt. 1/2 cup | Cottage cheese.... | | |
| 1 lb..... | 2 cups | Softened butter or margarine | | |
| 2-1/2 oz... | 1/4 cup ... | Grated onion | | |
| | 1-2/3 tbsp. | Salt..... | | |
| | 1-1/2 tsp.. | Worcestershire sauce | | |
| 2 lb. 5 oz. | 1 qt. 3-1/2 cups | Chopped ripe olives, stuffed olives, or olive butter | | 2. Add olives and stir just enough to blend. Chill. |
| | | | | 3. Portion with a No. 20 scoop (3-1/5 tablespoons). |
| | | | | 4. To prepare sandwiches see card G-1. |

PORTION: 1 sandwich--provides 1 ounce cheese.

(over)

CHEESE-OLIVE SANDWICH FILLING--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Cheese-Olive Sandwich</p> <p>1/2 Deviled Egg</p> <p>Potato Salad</p> <p>Scalloped Tomatoes</p> <p>Cherry Pie</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Cheese-Olive Sandwich</p> <p>Bean Soup with Buttered Croutons</p> <p>Pineapple Slices</p> <p>Oatmeal Cookies</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

EGG - CHEESE SANDWICH FILLING

Sandwiches (protein-rich) G-4

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------|-----------------------------|----------------------------------|-----------------------|--|
| Weights | Measures | | | |
| | 35 | Hard-cooked eggs | | 1. Finely grind egg and cheese. |
| 2 lbs. ... | | American cheese | | |
| 1/2 oz. . . | Few grains 1 tbsp. . . . | Paprika..... | | 2. Add paprika, salt, relish, lemon juice, and salad dressing. Blend well. |
| | 1 cup..... | Pickle relish..... | | 3. Portion with a No. 30 scoop (2-1/5 tablespoons). |
| | 1/3 cup... | Lemon juice | | 4. To prepare sandwiches see card G-1. |
| | 1/2 cup... | Cooked salad dressing (card F-2) | | |

PORTION: 1 sandwich--provides the equivalent of 1 ounce protein-rich food.

(over)

EGG-CHEESE SANDWICH FILLING--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Egg-Cheese Sandwich</p> <p>Split Pea Soup</p> <p>Sliced Orange and Cress Salad</p> <p>Apricot Whip</p> <p>Graham Crackers</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Egg-Cheese Sandwich</p> <p>1 ounce Cold Sliced Beef</p> <p>Buttered Cauliflower</p> <p>Pear Halves or Other Fruit</p> <p>Prune-Spice Cake</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

FISH FLAKE SANDWICH FILLING

Sandwiches (protein-rich) G-5

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|---|-------------------------|--|
| Weights | Measures | | | |
| 15 cans (14 oz. each) | 1 gal. 3-1/2 qt. | Fish flakes..... | | 1. Separate fish into flakes. |
| 3 lb. 1 lb. 14-oz. | 3 qt. 1 qt. 1-1/2 cups | Chopped cabbage Grated carrots... Catsup..... | | 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill. 3. Portion with a No. 12 scoop (1/3 cup). 4. To prepare sandwiches see card G-1. |
| 2 lb. 8 oz. | 1-1/4 qt. | Cooked salad dressing (card F-2) Salt, to taste | | |

PORTION: 1 sandwich--provides 2 ounces cooked fish. (over)

VARIATIONS

1. PACIFIC SARDINE SANDWICH FILLING: Use 19 cans (15 ounces each) or 1-3/4 gallons drained Pacific sardines, in place of canned fish flakes. One portion provides 2 ounces cooked fish.
2. SALMON SANDWICH FILLING: Use 16 cans (16 ounces each) or 1-3/4 gallons drained salmon, in place of canned fish flakes. One portion provides 2 ounces cooked fish.
3. SHRIMP SANDWICH FILLING: Use 12 pounds 8 ounces (2 gallons 2-3/4 quarts) cooked, peeled and cleaned shrimp in place of canned fish flakes and increase salad dressing to 3 pounds (1-1/2 quarts). One portion provides 2 ounces cooked fish.
4. TUNA SANDWICH FILLING: Use 34 cans (6-1/2 or 7 ounces each) or 2 gallons 1/2 quart drained tuna in place of canned fish flakes and increase salad dressing to 3 pounds (1-1/2 quarts). One portion provides 2 ounces cooked fish.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Fish Flake Sandwich Potato Salad Sliced Tomatoes and Lettuce Grapefruit Sections Butter or Margarine 1/2 Pint Milk | Fish Flake Sandwich Meatless Vegetable Soup Orange-Pineapple Salad Cake Square with Butter Cream Frosting Butter or Margarine 1/2 Pint Milk | |

GRILLED CHEESE SANDWICH

Sandwiches (protein-rich) G-6

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------------|---|----------------------------|-----------------------|--|
| Weights | Measures | | | |
| 12 lb. 8 oz. | 100 slices (2 oz. each) 200 slices. | Cheese..... Bread..... | | 1. For each sandwich place a slice of cheese between 2 slices of bread. |
| 4 oz. | 1/2 cup... | Melted butter or margarine | | 2. Place sandwiches on a sheet pan which has been brushed with melted butter or margarine. 3. On top of the sandwiches place another sheet pan of the same size, which has been greased on the bottom with melted butter or margarine. (If a toasted cheese sandwich is preferred, do not place a pan on top of the sandwiches.) 4. Bake at 400° F. (hot) 10 minutes. Serve immediately. |

PORTION: 1 sandwich--provides 2 ounces cheese.

(over)

GRILLED CHEESE SANDWICH--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Grilled Cheese Sandwich</p> <p>Meatless Vegetable Soup</p> <p>Cabbage Slaw</p> <p>Sweetpotato Pie</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Grilled Cheese Sandwich</p> <p>Green Lima Beans</p> <p>Orange-Grapefruit Cup</p> <p>Apple Pie</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

PEANUT BUTTER-FIG SANDWICH

Sandwiches (protein-rich) G-7

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|---|---|--|
| Weights | Measures | | | |
| 4 lb. 1 lb. 8 oz.. 4 oz. 1 oz. | 2-1/2 qt. 2-1/2 qt. 3 cups..... 1 cup, sifted 2 tbsp. | Chopped dried figs Hot water..... Sugar..... All-purpose flour.. Salt | | 1. Soak figs in the water for 10 minutes. Mix sugar, flour and salt. Add to fig mixture and simmer until thickened. Cool. (Canned figs may be used in place of the dried figs; omit the sugar and use drained sirup instead of the hot water.) |
| | 200 slices | Bread | | 2. Portion fig mixture with a No. 30 scoop (2-1/5 tablespoons) and spread on one slice of bread. |
| 7 lb. 2 oz. | 3 qt. 1/2 cup | Peanut butter..... | | 3. Portion peanut butter with a No. 30 scoop (2-1/5 tablespoons) and spread on the other slice of bread. 4. Put the two slices together. |

PORTION: 1 sandwich--provides 2 tablespoons peanut butter. (over)

PEANUT BUTTER-FIG SANDWICH--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Peanut Butter-Fig Sandwich</p> <p>Kale or Other Greens</p> <p>Vegetable Salad with 1 ounce Cottage Cheese</p> <p>Buttered Graham Crackers</p> <p>Fruit Gelatin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Peanut Butter-Fig Sandwich</p> <p>Potato Soup</p> <p>Tossed Spinach, Tomato, and Cress Salad with 1/2 Hard-cooked Egg</p> <p>Apple Crisp</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

PEANUT BUTTER-CARROT-RAISIN SANDWICH FILLING

Sandwiches (protein-rich) G-8

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------|---------------|----------------------------|-----------------------|---|
| Weights | Measures | | | |
| 7 lb. 2 oz. | 3 qt. 1/2 cup | Peanut butter | | 1. Blend peanut butter and butter or margarine. |
| 2 lb. 4 oz. | 1qt. 1/2 cup | Melted butter or margarine | | |
| 4 lb. | 3 qt. | Raisins | | 2. Grind raisins and mix with carrots. |
| 2 lb. 4 oz. | 2-1/4 qt. | Shredded carrots | | 3. Blend carrot-raisin mixture and salt with peanut butter. |
| 1 oz. | 2 tbsp. . . . | Salt | | 4. Portion with a No. 16 scoop (1/4 cup). |
| | | | | 5. To prepare sandwiches see card G-1. |

PORTION: 1 sandwich--provides 2 tablespoons peanut butter.

(over)

PEANUT BUTTER-CARROT-RAISIN SANDWICH FILLING--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Peanut Butter-Carrot-Raisin Sandwich</p> <p>Scalloped Cabbage</p> <p>Tossed Green Salad</p> <p>Orange-Coconut Custard</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Peanut Butter-Carrot-Raisin Sandwich</p> <p>1 ounce Cheese</p> <p>Cream of Pea Soup with Buttered Croutons</p> <p>Celery Sticks</p> <p>Grapefruit Sections</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

TURKEY-HAM SANDWICH FILLING

Sandwiches (protein-rich) G-9

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------|--|-----------------------|--|
| Weights | Measures | | | |
| 9 lb. 8 oz. | 2 gal. 1/2 qt. | Coarsely ground cooked turkey | | 1. Combine all ingredients, mixing in enough salad dressing to moisten. 2. Portion with a No. 12 scoop (1/3 cup). 3. To prepare sandwiches see card G-1. |
| 3 lb. | 2-1/2 qt. | Coarsely ground cooked lean smoked ham | | |
| 2 lb. | 2 qt. | Finely diced celery | | |
| 1-1/2 oz. | 3 tbsp. ... | Salt | | |
| | About 2 qt. | Cooked salad dressing (card F-2) | | |

PORTION: 1 sandwich--provides 2 ounces cooked lean meat.

VARIATION

1. CHICKEN-HAM SANDWICH FILLING: Use 9 pounds 8 ounces (2 gallons 1/2 quart) chicken in place of turkey. One portion provides 2 ounces cooked lean meat.

TURKEY-HAM SANDWICH FILLING--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Turkey-Ham Sandwich</p> <p>Cream of Tomato Soup with Buttered Croutons</p> <p>Celery Sticks</p> <p>Steamed Cranberry Pudding with Hard Sauce</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Turkey-Ham Sandwich</p> <p>Fruit Plate (Pineapple, Orange Slices, and Prunes)</p> <p>Ice Cream</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

BEAN-CHEESEBURGERS

Sandwiches (protein-rich) G-10

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|---------------------------------|--|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. | 3-1/2 cups | Dry beans (kidney or navy) Water..... | | 1. Soak and cook beans (card D-1). Drain. |
| | 3-1/2 qt. ... | | | |
| 10 lb. | 1-1/3 cups (7) | Ground beef Eggs..... | | 2. Mix beans, meat, eggs, salt, catsup, worcestershire sauce, onion, and chili powder, if desired. |
| | 1/2 cup ... | Salt..... | | 3. Portion the mixture with a No. 16 scoop (1/4 cup). Place on sheet pans. |
| 4 oz. | 1 cup | Catsup..... | | |
| 9 oz. | 3 tbsp..... | Worcestershire sauce | | 4. Bake the patties at 350° F. (moder- ate) about 30 minutes or until well done. |
| | | Chopped onion ... | | |
| 12 oz. | 2 cups | Chili powder, if desired | | |
| | 2 tbsp..... | | | |
| 1 lb. | 2 cups | Butter or margarine | | 5. Spread butter or margarine on rolls. |
| | 100 | Hamburger Rolls (card B-17) | | 6. Place baked patties on bottom halves of rolls on sheet pans. Top with slice of cheese and top half of roll. |
| 3 lb. 2 oz. | 100 slices (1/2 oz. each) | Cheese..... | | 7. Bake at 350° F. (moderate) until cheese melts. Serve hot. |

PORTION: 1 sandwich--provides the equivalent of 2 ounces protein-rich food. (over)

BEAN-CHEESEBURGERS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| <p>Bean-Cheeseburger</p> <p>Asparagus</p> <p>Fresh Fruit Salad</p> <p>Chocolate Cake</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Bean-Cheeseburger</p> <p>Spinach or Other Greens</p> <p>Carrot and Celery Sticks</p> <p>Cranberry Crunch</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

TOASTED PACIFIC SARDINE-CHEESE SANDWICHES Sandwiches (protein-rich) G-11

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|------------------------------|--|---|-----------------------------|---|
| Weights | Measures | | | |
| 10 cans (15 oz. each) | | Pacific sardines | | 1. Drain sardines. Separate into fillets. |
| 1 lb. 3 oz. | 2 cups..... 1/3 cup.... 100 slices . | Butter or margarine Prepared mustard Bread..... | | 2. Soften butter or margarine. Add mustard and mix well. 3. Spread bread with mustard-butter. |
| 6 lb. 4 oz. | 100 slices (1 oz. each) | Cheese..... Paprika | | 4. Place sardine fillets on bread and cover with cheese. Sprinkle with paprika. 5. Place in a single layer on sheet pans. 6. Toast at 450° F. (very hot) about 8 to 10 minutes or until cheese melts and bread toasts. Serve hot. |

PORTION: 1 sandwich--provides the equivalent of 2 ounces protein-rich food. (over)

TOASTED PACIFIC SARDINE-CHEESE SANDWICHES--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Toasted Pacific Sardine - Cheese Sandwich</p> <p>Red Cabbage Slaw</p> <p>Golden Potato</p> <p>Pineapple Upside-Down Cake</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Toasted Pacific Sardine - Cheese Sandwich</p> <p>Cream of Tomato Soup</p> <p>Green Salad with Raw Cauliflower</p> <p>Gingerbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

FISH-STICK BURGERS

Sandwiches (protein-rich) G-12

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|----------------------------|--------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 18 lb. 12 oz | 300 sticks (1 oz. each) | Precooked frozen fish sticks | | 1. Place frozen fish sticks in a single layer in well-greased baking pans. 2. Bake at 400° F. (hot) about 15 to 20 minutes or until heated through and crisp. |
| 1 lb. | 2 cups | Butter or margarine | | 3. Spread butter or margarine on rolls. Heat rolls. |
| | 1-1/2 qt. | Tartar sauce (card H-11) | | 4. Place three fish sticks on bottom half of each roll. Top with approximately 1 tablespoon tartar sauce and top half of roll. |
| | 100 | Hamburger Rolls (card B-17) | | |

PORTION: 1 sandwich--provides 2 ounces cooked fish.

VARIATION

- FISH BURGERS: Use 18 pounds 12 ounces (100 pieces, 3 ounces each) precooked frozen breaded portion fish in place of precooked frozen fish sticks. Bake at 400° F. (hot) for 20 to 25 minutes. One portion provides 2 ounces cooked fish. (over)

FISH STICK BURGERS--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| <p>Fish Stick Burgers</p> <p>Hot Potato Salad</p> <p>Sliced Tomatoes with Green Pepper Rings</p> <p>Tropical Sherbert</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Fish Stick Burgers</p> <p>Orange Squash</p> <p>Tossed Green Salad with Raw Cauliflower</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

PEANUT BUTTER-DRIED BEEF SANDWICH FILLING

Sandwiches (protein-rich) G-13

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---------------------------------------|--|-------------------------|---|
| Weights | Measures | | | |
| 2 lb. 2 oz. | 3 qt. | Boiling water.... Dried beef | | 1. Pour boiling water over dried beef. Drain and chop. |
| 5 lb. 12 oz. 1 lb. 14 oz. 3 oz. | 2-1/2 qt. 3-3/4 cups 1/3 cup... | Peanut butter.... Mayonnaise (card F-3) Prepared mustard | | 2. Combine peanut butter, mayonnaise, and mustard with the dried beef. Mix well. 3. Portion with a No. 24 scoop (2-2/3 tablespoons). 4. To prepare sandwiches see card G-1. |

PORTION: 1 sandwich--provides the equivalent of 1 ounce protein-rich food.

(over)

PEANUT BUTTER-DRIED BEEF SANDWICH FILLING--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|--|-----------------------------|
| <p>Peanut Butter-Dried Beef Sandwich</p> <p>Orange Juice</p> <p>Waldorf Salad</p> <p>Baked Caramel Custard</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | <p>Peanut Butter-Dried Beef Sandwich</p> <p>Egg-Tomato Aspic Salad</p> <p>Carrot Sticks</p> <p>Baked Apple</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p> | |

APRICOT SAUCE (with dried fruit)

Sauces and Gravies H-1

| 100 Portions | | Ingredients | For — Portions | Directions |
|-------------------------------|--|--|-------------------------|--|
| Weights | Measures | | | |
| 2 lb..... | | Dried apricots, chopped Hot water..... | | 1. Cover apricots with the water and soak overnight or until plump. |
| | 3 qt. | | | |
| 1 lb. 8 oz. | 3 cups ... 1 tsp..... 1/4 cup .. | Sugar Salt..... Lemon juice, if desired | | 2. Add the sugar and salt; simmer 1 hour or until apricots are soft. 3. Put fruit and liquid through a sieve and beat until smooth. Add lemon juice, if desired. 4. Serve on fruit betty, cottage pudding, or baked custard. |

YIELD: 3-1/4 quarts.
PORTION: 2 tablespoons.

VARIATION

1. PRUNE SAUCE OR FIG SAUCE: Use chopped prunes or figs in place of apricots.



BROWN GRAVY

Sauces and Gravies H-2

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-----------------------|-----------------------------|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. 4 oz.. | 2-1/2 cups | Meat drippings or other fat | | 1. Melt the fat, blend in flour and salt, and cook until brown, stirring constantly. |
| 1 lb. 2 oz.. | 1 qt. 1/2 cup, sifted | All-purpose flour | | 2. Gradually stir into broth. |
| 1-1/2 oz.... | 3 tbsps..... | Salt..... | | 3. Cook until thickened. Continue cooking a few minutes, stirring occasionally. |
| | 1-1/2 gal. | Water or meat stock | | |

YIELD: 1 gallon 2-1/4 quarts.
PORTION: 1/4 cup.

VARIATIONS

1. TURKEY OR CHICKEN GRAVY: Use turkey or chicken drippings and broth in place of meat drippings and stock.
2. GIBLET GRAVY: Add cooked chopped giblets to turkey or chicken gravy.
3. CREAM GRAVY: Use 1-1/2 gallons of milk in place of water or meat stock.



CUSTARD SAUCE

Sauces and Gravies H-3

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------------------|--------------------------------|---------------------------------|-------------------------|---|
| Weights | Measures | | | |
| | 1-1/4 gal... | Milk | | 1. Scald milk. |
| 1-1/2 oz. 12 oz. | 1/3 cup.... 1-1/2 cups | Cornstarch Sugar | | 2. Mix the cornstarch and sugar together and add to the hot milk. 3. Cook 7 to 10 minutes over hot water, stirring constantly. |
| | 1-1/3 cup .. (16) | Egg yolks, well beaten | | 4. Add some of the cooked mixture to the egg yolks and blend. Stir slowly into remaining cooked mixture. Cook until thick, stirring constantly. |
| | 1-1/2 tsp.... 3 tbsps. | Salt Vanilla | | 5. Remove from heat and add salt and vanilla. 6. Stir sauce occasionally as it cools. 7. Serve over fresh fruit, prune whip, or fruit betty. The custard sauce may be topped with meringue and served as Floating Island. |

YIELD: 1 gallon 1-1/4 quarts.

PORTION: About 3 tablespoons.



HONEY-PEANUT BUTTER SAUCE

Sauces and Gravies H-4

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------------------|---|---|-------------------------|---|
| Weights | Measures | | | |
| 2 lb..... 1/2 oz.... | 2-2/3 cups. 1-3/4 qt.. 1 tbsp. | Honey..... Hot water Salt | | 1. Combine honey, water, and salt. |
| 3 lb..... | 1-1/4 qt.. | Peanut butter..... | | 2. Gradually add honey sirup to peanut butter and beat until smooth. 3. Serve on cottage pudding, ice cream, or other deserts. |

YIELD: 3-1/4 quarts.

PORTION: 2 tablespoons.

VARIATION

1. ORANGE-HONEY-PEANUT BUTTER SAUCE: Use 3 cups orange juice concentrate diluted with 1 quart of water in place of water.



| 100 Portions | | Ingredients | For _____ Portions | Directions |
|-----------------|-------------------|--------------------------|-----------------------|--|
| Weights | Measures | | | |
| 12 oz. | 2-1/4 cups | Chopped or whole raisins | | 1. Combine raisins with salt and cornstarch. Stir in the hot water. Cook until thickened, stirring constantly. |
| 1/2 oz. | 1 tbsp. | Salt | | |
| 5 oz. | 1 cup 1 tbsp. | Cornstarch. | | |
| | 2-1/4 qt. | Hot water | | |
| 1 lb. 8 oz. | 3 cups. | Sugar. | | 2. Gradually stir in sugar or |
| or | or | or | | |
| 2 lb. 4 oz. | 3 cups. | Honey | | honey, lemon juice, and |
| | 3/4 cup. | Lemon juice. | | rind. Add cinnamon and |
| | 2 tbsp. | Grated lemon rind | | fat. Bring to a boil, blending |
| | 2 tsp. | Cinnamon. | | well. |
| 6 oz. | 3/4 cup. | Butter or margarine | | 3. Serve on desserts such as |
| | | | | gingerbread or cottage |
| | | | | pudding. The sauce may also |
| | | | | be used over sliced ham or |
| | | | | luncheon meat. |

YIELD: 3-1/4 quarts.
PORTION: 2 tablespoons.



TOMATO SAUCE

Sauces and Gravies H-6

| 100 Portions | | Ingredients | For— Portions | Directions |
|--|---|---|----------------------------------|--|
| Weights | Measures | | | |
| 1 lb. 2 oz. 1 oz..... | 1-1/2 gal. 3 cups..... 2 tbsp..... 2 tsp. | Canned tomatoes. Chopped onion... Salt..... Pepper | | 1. Cook tomatoes, onion, salt, and pepper about 10 minutes. Strain. |
| 8 oz. 6 oz. | 1 cup..... 1-1/3 cups 2 tsp..... | Butter or margarine Cornstarch..... Sugar..... | | 2. Melt the fat. Blend in the cornstarch and sugar. 3. Add to the tomato mixture and cook until thickened, stirring constantly. 4. Serve on meat loaf, croquettes, meat turnovers, or fish loaf. |

YIELD: 1 gallon 1-1/2 quarts.
PORTION: About 3 tablespoons.



VANILLA SAUCE

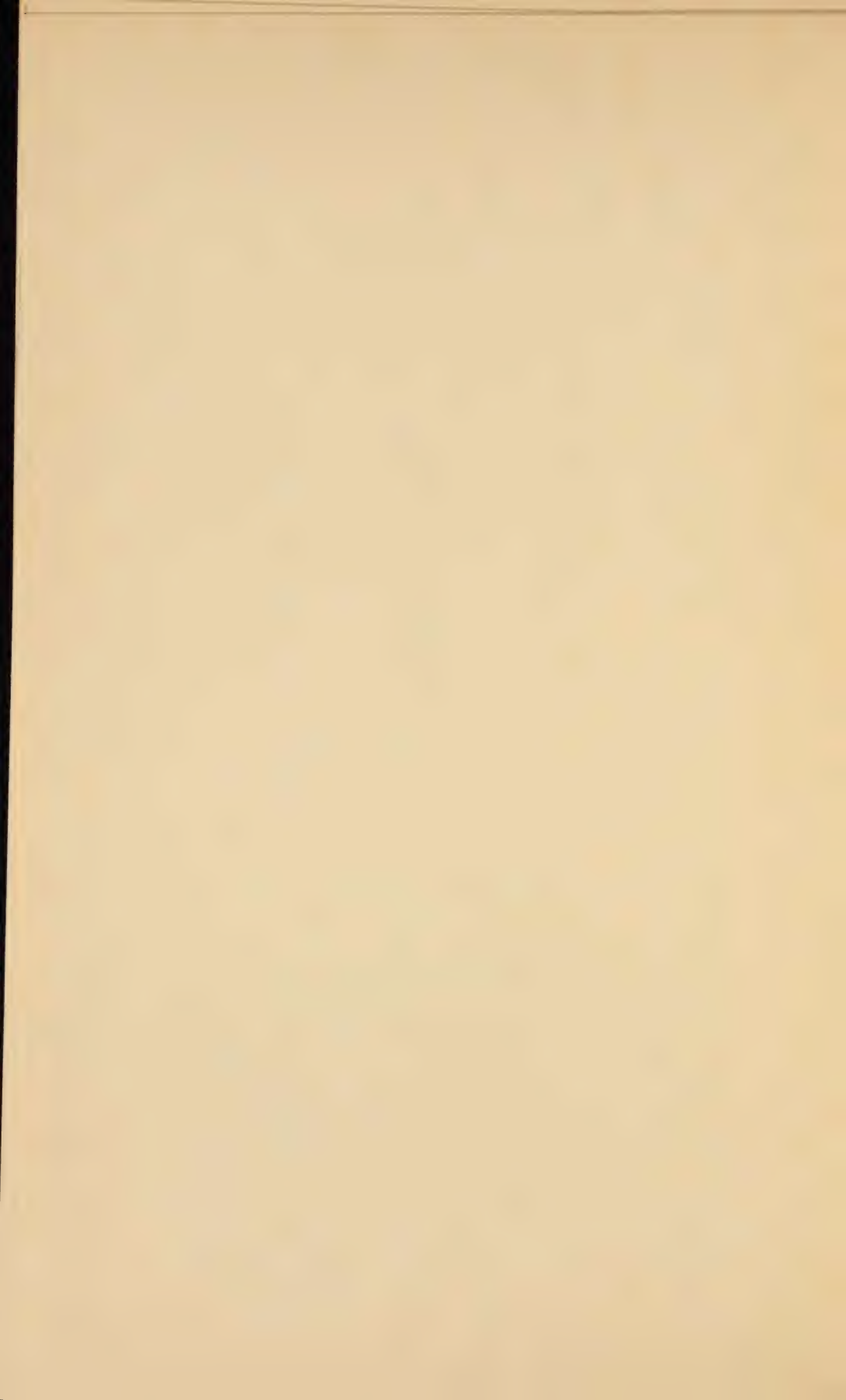
Sauces and Gravies H-7

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--|---|---|----------------------------------|--|
| Weights | Measures | | | |
| 5 lb. 8 oz. 8 oz. 1/2 oz. | 2-3/4 qt. 1-3/4 cups 1 tbsp.... 1 gal..... | Sugar Cornstarch Salt Boiling water..... | | 1. Mix sugar, cornstarch, and salt. Gradually add the water, stirring constantly. 2. Continue stirring mixture and cook until it reaches the boiling point and becomes clear. |
| 8 oz. | 1 cup 2/3 cup .. | Butter or margarine Vanilla | | 3. Remove from heat. Add the fat and vanilla. 4. Serve on cottage, fruit, or steamed puddings. |

YIELD: 1 gallon 2-1/4 quarts.
PORTION: 1/4 cup.

VARIATIONS

1. MAPLE SAUCE: Use 1 tablespoon imitation maple flavoring in place of vanilla.
2. ORANGE SAUCE: Use 1/2 cup orange juice and add 1 tablespoon grated rind in place of vanilla. (2-1/2 tablespoons orange juice concentrate and 5 tablespoons water may be used in place of orange juice.)
3. CHOCOLATE SAUCE: Add 3 cups cocoa, sifted with sugar, cornstarch, and salt. Reduce vanilla to 1/4 cup.



| Ingredients | 2 gallons | | | Directions |
|---------------------|------------------------|-----------------------|---------------------------------|---|
| | Thin | Medium | Thick | |
| Butter or margarine | 1 lb. (2 cups) | 2 lb. (1 qt.) | 3 lb. (1-1/2 qt.) | <ol style="list-style-type: none"> 1. Melt the fat in top of double boiler. Add flour and salt. 2. Cook for a few minutes. Remove from heat. 3. Add water. 4. Sift dry milk slowly in to mixture. Beat with wire whip until smooth. 5. Return to heat and stir constantly until mixture thickens. Cover and cook 10 to 15 minutes or until there is no "starchy" flavor. |
| All-purpose flour | 8 oz. (2 cups, sifted) | 1 lb. (1 qt., sifted) | 1 lb. 8 oz. (1-1/2 qt., sifted) | |
| Salt | 1-1/2 oz. (3 tbsp.) | 1-1/2 oz. (3 tbsp.) | 1-1/2 oz. (3 tbsp.) | |
| Lukewarm water | 2 gal. | 2 gal. | 2 gal. | |
| Nonfat dry milk | 2 lb. (2 qt.) | 2 lb. (2 qt.) | 2 lb. (2 qt.) | |

(over)

WHITE SAUCE (with nonfat dry milk)--Continued

VARIATIONS

1. CHEESE SAUCE: Add 6 pounds 4 ounces (1 gallon 2-1/4 quarts) grated cheese to the medium white sauce.
2. MUSHROOM SAUCE: Brown 2 pounds chopped mushrooms (fresh or canned) and 2 medium-sized chopped onions in butter or margarine and add to white sauce.
3. PARSLEY SAUCE: Add 1 quart finely chopped parsley to white sauce.
4. EGG SAUCE: Add 12 hard-cooked eggs, coarsely chopped, to white sauce.

WHITE SAUCE (with whole fluid milk)

Sauces and Gravies H-9

| Ingredients | 2 gallons | | | Directions |
|---------------------|------------------------|-----------------------|--------------------------------|--|
| | Thin | Medium | Thick | |
| Butter or margarine | 1 lb. (2 cups) | 2 lb. (1 qt.) | 3 lb. (1-1/2 qt.) | <ol style="list-style-type: none"> 1. Melt the fat; blend in the flour and salt. 2. Stir into the milk. 3. Cook until thickened, stirring constantly. |
| All-purpose flour | 8 oz. (2 cups, sifted) | 1 lb. (1 qt., sifted) | 1 lb. 8oz. (1-1/2 qt., sifted) | |
| Salt | 1-1/2 oz. (3 tbsp.) | 1-1/2 oz. (3 tbsp.) | 1-1/2 oz. (3 tbsp.) | |
| Hot milk | 2 gal. | 2 gal. | 2 gal. | |

VARIATIONS

1. **CHEESE SAUCE:** Add 6 pounds 4 ounces (1 gallon 2-1/4 quarts) grated cheese to the medium white sauce.
2. **MUSHROOM SAUCE:** Brown 2 pounds chopped mushrooms (fresh or canned) and 2 medium-sized chopped onions in butter or margarine and add to white sauce.
3. **PARSLEY SAUCE:** Add 1 quart finely chopped parsley to white sauce.
4. **EGG SAUCE:** Add 12 hard-cooked eggs, coarsely chopped, to white sauce.

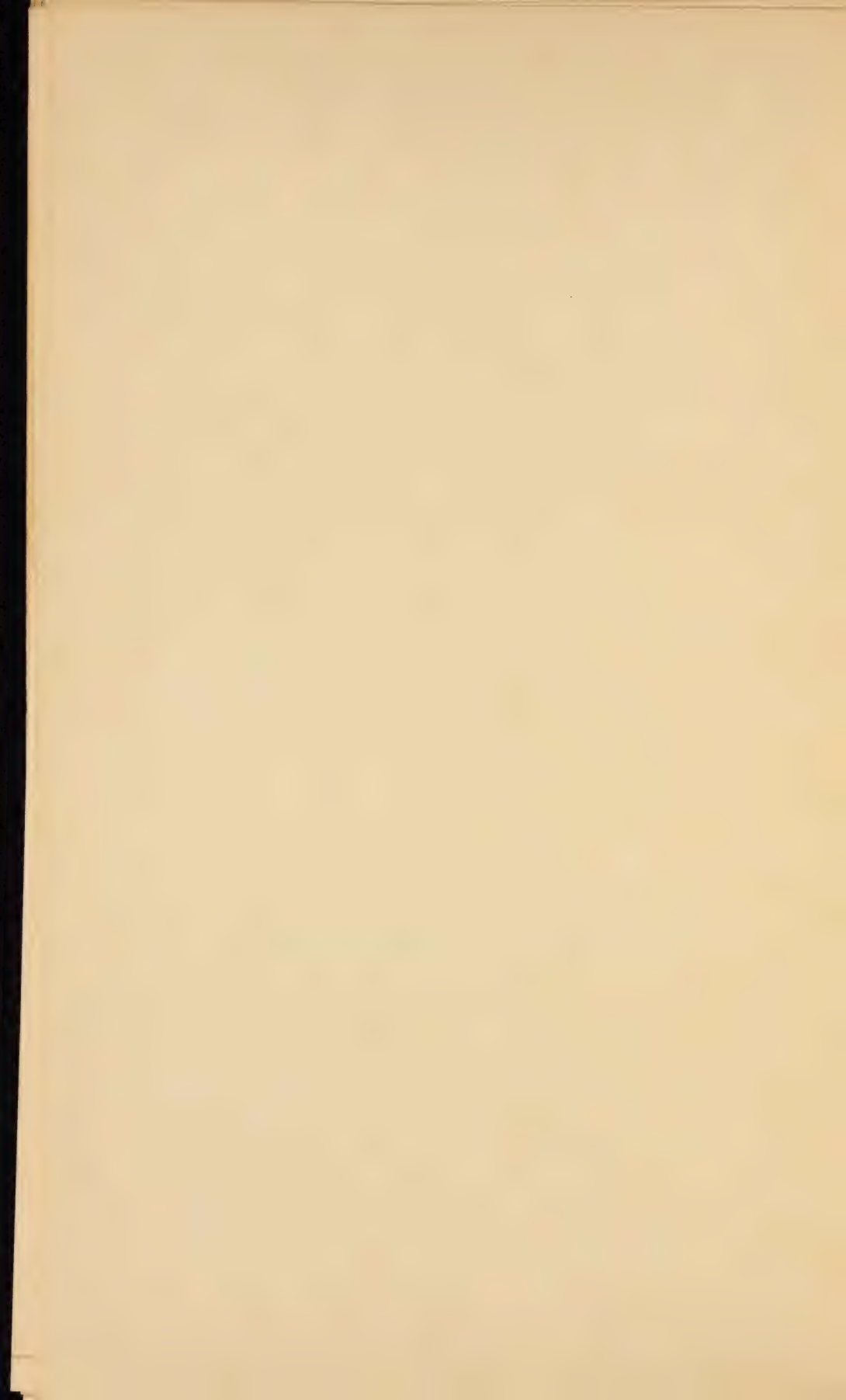
BUTTER SAUCE

Sauces and Gravies H-10

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---------------|---------------|---|-------------------------------------|--|
| Weights | Measures | | | |
| 1 lb. 4 oz. | 2-1/2 cups | Butter or margarine, softened Cornstarch Hot water or vegetable water | | <ol style="list-style-type: none"> 1. Mix the fat with cornstarch. Stir into hot water. 2. Simmer until cornstarch is well cooked (about 15 minutes). 3. Serve hot on drained vegetables. |
| 1 oz. | 3-1/2 tbsp. | | | |
| | 1 qt. | | | |

YIELD: 1 quart 2-1/4 cups.

PORTION: 1 tablespoon--provides 1 teaspoon butter or margarine.



TARTAR SAUCE

Sauces and Gravies H-11

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------|-----------------------|-------------------|---------------------------------------|
| Weights | Measures | | | |
| 2 lb. | 1 qt. | Mayonnaise (card F-3) | | 1. Combine all ingredients and chill. |
| 4-1/2 oz. | 3/4 cup ... | Chopped onion | | |
| 3-3/4 oz. | 3/4 cup ... | Chopped sweet pickle | | |
| 3/4 oz. ... | 3/4 cup ... | Chopped parsley .. | | |
| 3-3/4 oz. | 3/4 cup ... | Chopped olives ... | | |

YIELD: 1-1/2 quarts.

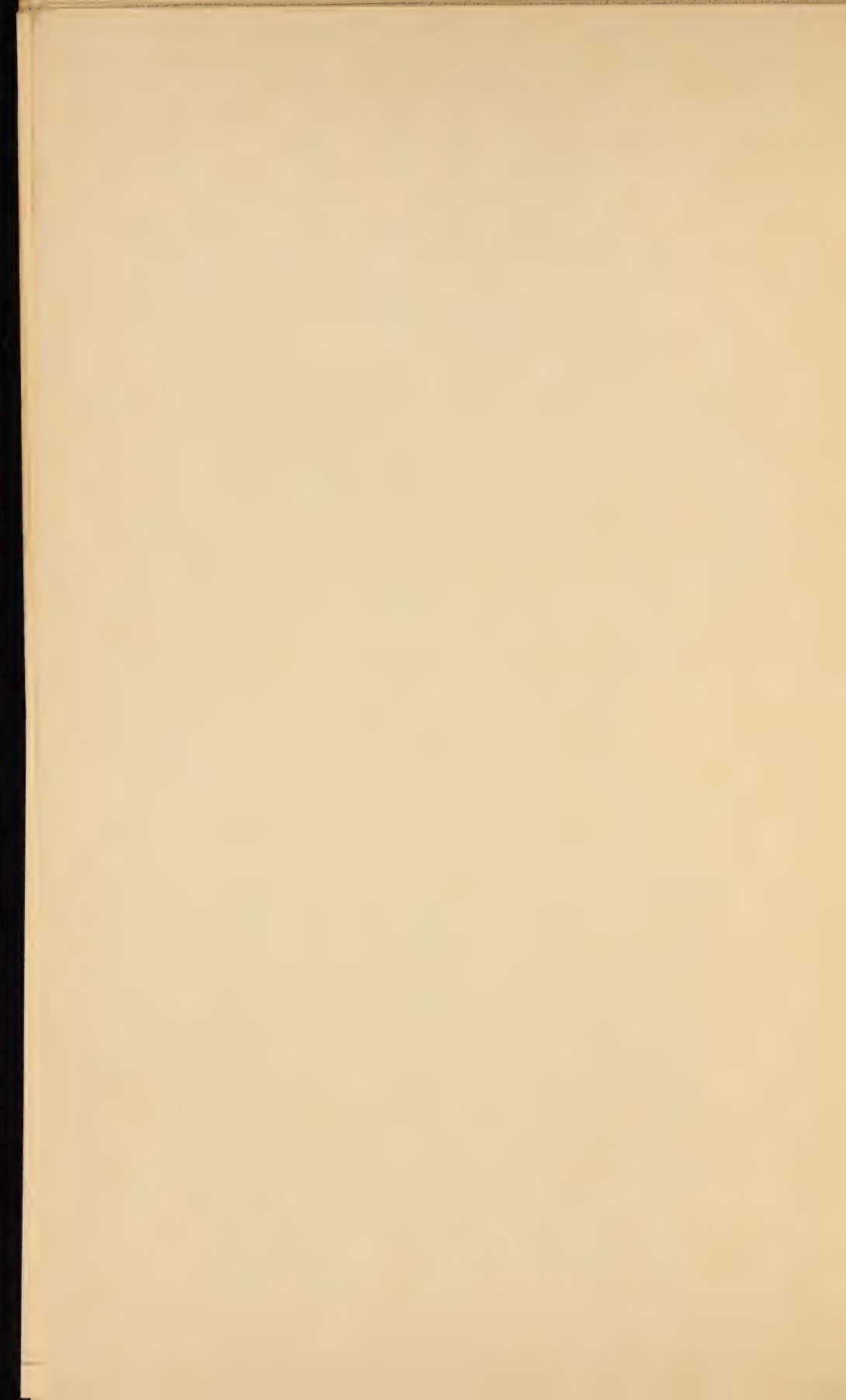
PORTION: Approximately 1 tablespoon.

QUICK TARTAR SAUCE

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------|-------------------------------|-------------------|--|
| Weights | Measures | | | |
| 2 lb. | 1 qt. | Mayonnaise (card F-3) | | 1. Combine mayonnaise and relish. Chill. |
| 1 lb. 4 oz. | 2 cups | Undrained sweet pickle relish | | |

YIELD: 1-1/2 quarts.

PORTION: Approximately 1 tablespoon.



BEAN SOUP

Soups and Chowders (protein-rich) I-1

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|---|--|--|--|
| Weights | Measures | | | |
| 9 lb. | 1 gal. | Dry beans Water | | 1. Sort and wash beans. Bring 1 gallon water to boiling and add beans. Boil 2 minutes, remove from the heat and let soak 1 hour. If more convenient, soak beans overnight after the 2-minute boil. |
| 5 lb. 2 lb. 10 oz. 1 oz. 4 oz. | 1-3/4 qt 2 tbsp. 1/2 cup 1/4 cup 6 gal. | Ham bones Chopped onion Sugar Salt Celery salt Water | | 2. Add ham bones, onion, seasonings, and water. Cook covered for 3 hours. |
| 10 oz. | 2-1/2 cups, sifted 3 cups | All-purpose flour Water | | 3. Blend flour and water and add to the soup. Simmer 10 minutes, stirring occasionally. 4. Remove ham bones. 5. Serve soup with a garnish of chopped parsley. |

PORTION: 1 cup--provides 1/2 cup cooked dry beans.

BEAN SOUP --Continued

VARIATIONS

1. FRANKFURTER-BEAN SOUP: Use only 7 pounds of beans and, a few minutes before serving, add 3 pounds of sliced frankfurters to soup. Reheat and serve. One portion provides the equivalent of 2 ounces protein-rich food.
2. SPLIT PEA SOUP: Use 10 pounds green split peas in place of beans; omit soaking. One portion provides 1/2 cup cooked peas.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|-------------------------------|---------------------|-----------------------------|
| Bean Soup | Bean Soup | |
| Stuffed Pepper (Spanish Rice) | Tomato Aspic Salad | |
| Grapefruit and Apricot Salad | Rutabaga Sticks | |
| Molasses Cookies | Applesauce | |
| Whole Wheat Bread | Cup Cake | |
| Butter or Margarine | Bread | |
| 1/2 Pint Milk | Butter or Margarine | |
| | 1/2 Pint Milk | |

CHICKEN-RICE SOUP

Soups and Chowders (protein-rich) 1-2

| 100 Portions | | Ingredients | For — Portions | Directions |
|----------------------------|------------------------------------|---|-------------------|--|
| Weights | Measures | | | |
| | 5 gal. | Skimmed chicken broth | | 1. Heat chicken broth to boiling. |
| 3 lb. 4 lb. 8 oz. | 2 qt. 1 gal. .. 1/2 qt. | Chopped onion Chopped celery | | 2. Add onion, celery, salt, and rice. Boil gently until rice and vegetables are tender. |
| 4 oz. 1 lb. 12 oz. | 1/2 cup 1 qt. | Salt Uncooked rice | | |
| 6 lb. 4 oz. 8 oz. | 1-1/4 gal... 2 cups, sifted | Diced cooked chicken All-purpose flour, if desired | | 3. Add chicken. Simmer about 15 minutes before serving. 4. If desired, thicken with flour made into a paste with 1 quart of cooled chicken broth. |

PORTION: 1 cup--provides 1 ounce cooked lean meat. (over)

CHICKEN-RICE SOUP --Continued

VARIATIONS

1. CHICKEN-TOMATO-RICE SOUP: Use 2 gallons tomato juice and 3 gallons broth in place of 5 gallons broth. One portion provides 1 ounce cooked lean meat and 1/4 cup vegetable.
2. TURKEY-RICE SOUP: Use 6 pounds 4 ounces (1-1/4 gallons) diced cooked turkey in place of chicken. One portion provides 1 ounce cooked lean meat.
3. CHICKEN-NOODLE SOUP: Use 2 pounds uncooked noodles broken into 1-inch pieces in place of rice. One portion provides 1 ounce cooked lean meat.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|--|---|-----------------------------|
| Chicken-Rice Soup Peanut Butter-Relish Sandwich Raw Spinach Salad Radishes Stewed Prunes Cookies Butter or Margarine 1/2 Pint Milk | Chicken-Rice Soup Egg Salad Sandwich Kale or Other Greens Apricot-Pear Salad Butter or Margarine 1/2 Pint Milk | |

COD CHOWDER

Soups and Chowders (protein-rich) I-3

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|---------------|-------------------------------|-----------------------|---|
| Weights | Measures | | | |
| 10 lb. | | Cod fillets (fresh or frozen) | | 1. Thaw frozen fillets. Cut into 1-inch pieces. |
| 1 lb. 8 oz. | | Diced salt pork... | | 2. Fry salt pork until crisp. Add onion and cook until tender. |
| 3 lb. | 2 qt. | Chopped onion.... | | |
| 15 lb. | 2-3 3/4 gal.. | Diced potatoes.... | | 3. Add potatoes, water, and fish. Cook until potatoes are tender. |
| | 1-1 1/2 gal.. | Water | | |
| | 2 gal. | Hot milk | | 4. Stir milk into the fish mixture. Add salt to taste. |
| | | Salt, to taste.... | | Heat. |
| 1 1/2 oz. | 1 1/2 cup ... | Chopped parsley.. | | 5. Add parsley. |

PORTION: 1 cup--provides 1 ounce cooked fish and 1/4 cup vegetable.

COD CHOWDER--Continued

VARIATIONS

1. HADDOCK CHOWDER: Use 10 pounds haddock fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
2. OCEAN PERCH CHOWDER: Use 10 pounds ocean perch fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
3. POLLOCK CHOWDER: Use 10 pounds pollock fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
4. WHITING CHOWDER: Use 10 pounds whiting fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|-------------------------------------|---|-----------------------------|
| Cod Chowder | Cod Chowder | |
| Sliced Tomatoes on Lettuce Apple | Jellied Citrus Fruit Salad with 1 ounce Cottage Cheese | |
| Peanut Butter-Raisin Cookies | Brownie | |
| Whole Wheat Bread | Cornbread | |
| Butter or Margarine | Butter or Margarine | |
| 1/2 Pint Milk | 1/2 Pint Milk | |

CREAM OF TOMATO SOUP

Soups and Chowders 1-4

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------------|---------------------------|-----------------------|---|
| Weights | Measures | | | |
| | 1 gal. 2-1/4 qt. | Tomato puree | | 1. Combine tomato puree, sugar, celery, and onion; simmer covered 15 minutes. Add soda. |
| 4 oz. | 1/2 cup | Sugar | | |
| 1 lb. 8 oz. | 1-1/2 qt. .. | Chopped celery | | |
| 1 lb. 2 oz. | 3 cups | Chopped onion | | |
| | 1-1/2 tsp. | Soda | | 2. Melt the fat; add flour, salt, and paprika. Stir into tomato mixture. Cook until thickened, stirring constantly. |
| 1 lb. 8 oz. | 3 cups | Butter or margarine | | |
| 1 lb. 8 oz. | 1-1/2 qt., sifted | All-purpose flour | | |
| 4 oz. | 1/2 cup | Salt | | 3. Stir tomato mixture into hot milk, reheat if necessary. Serve immediately. |
| | 1-1/2 tsp. | Paprika | | |
| | 4 gal. 3/4 qt. | Hot milk | | |

PORTION: 1 cup--provides 1/4 cup vegetable.



MEATLESS VEGETABLE SOUP

Soups and Chowders 1-5

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|------------------|-----------------------------|-----------------------|---|
| Weights | Measures | | | |
| 2 lb. | 1 qt. 1-1/4 cups | Chopped onion | | 1. Cook onion in the fat until tender. |
| 8 oz. | 1 cup | Butter or margarine | | |
| 2 lb. | 1-1/2 qt ... | Sliced carrots | | 2. Add carrots, celery, parsley, salt, barley, and water. |
| 12 oz. | 3 cups | Chopped celery... | | 3. Cook until vegetables are tender. |
| 4 oz. | 1 qt. | Chopped parsley.. | | |
| 2-1/2 oz.. | 1/3 cup ... | Salt | | |
| 8 oz. | 1 cup | Barley..... | | |
| | 5 gal | Water | | |
| | 2 gal. | Canned tomatoes.. | | 4. Add tomatoes and cabbage. Continue cooking 30 minutes to blend flavor. |
| 4 lb. | 1 gal. 1 cup | Chopped cabbage.. | | Add more water if needed. |
| 1 lb. | 3 cups | Frozen or canned green peas | | 5. Add peas. If frozen peas are used cook until tender (about 5 minutes). If canned peas are used do not drain. |

PORTION: 1 cup--provides about 1/2 cup vegetable.

VARIATION

1. VEGETABLE-BEEF OR VEGETABLE-CHICKEN SOUP: Use 5 gallons beef or chicken broth in place of the water. 1 portion provides about 1/2 cup vegetable.



CREAM OF POTATO SOUP

Soups and Chowders 1-6

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|----------------|-----------------------|-------------------------|---|
| Weights | Measures | | | |
| 16 lb. | 2 gal. | Chopped raw potatoes | | 1. Cook potatoes in boiling salted water until tender. Drain and save potato water. |
| | 2 gal. | Boiling water | | |
| 4 oz. | 1/2 cup | Salt | | |
| | 4 gal. | Potato water and milk | | 2. Add enough milk to potato water to make 4 gallons. Heat. |
| 1 lb. | 2 cups | Butter or margarine | | 3. Melt the fat. |
| 6 oz. | 1 cup | Chopped onion | | 4. Add onion, and cook until transparent but not brown. Blend in the flour and stir into the hot liquid. Cook until thickened, stirring constantly. |
| 8 oz. | 2 cups, sifted | All-purpose flour | | |
| 4 oz. | 1 qt. | Chopped parsley .. | | 5. Add potatoes and parsley. Reheat. |

PORTION: 1 cup--provides 1/4 cup vegetable.

VARIATIONS

1. APPLIEDORE SOUP: Add 6 pounds 12 ounces (3 quarts) tomato catsup before the final heating. One portion provides 1/4 cup vegetable.
2. CREAM OF CELERY SOUP: Use 11 pounds 4 ounces (2 gallons 3-1/4 quarts) chopped celery in place of potatoes. One portion provides 1/4 cup vegetable.



OCEAN PERCH-TOMATO SOUP

Soups and Chowders (protein-rich) 1-7

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|--|---|----------------------------------|--|
| Weights | Measures | | | |
| 10 lb. | | Ocean perch filets (fresh or frozen) | | 1. Thaw frozen filets. Cut into 1 - inch pieces. |
| 1 lb. 8 oz. 3 lb. 2 lb. | 2 qt. 2 qt. | Diced bacon..... Chopped onion.... Chopped celery... | | 2. Fry bacon until crisp. Add onion and celery and cook until tender. |
| 15 lb. | 1-1/2 gal. 2 gal. 2-3/4 gal. | Water Tomato juice Diced potatoes... Salt, to taste.... | | 3. Add water, tomato juice, potatoes, and fish. Cook until potatoes are tender. Add salt to taste. |

PORTION: 1 cup--provides 1 ounce cooked fish and 1/2 cup vegetable.

VARIATIONS

1. COD-TOMATO SOUP: Use 10 pounds cod filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
2. HADDOCK-TOMATO SOUP: Use 10 pounds haddock filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
3. POLLOCK-TOMATO SOUP: Use 10 pounds pollock filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
4. WHITING-TOMATO SOUP: Use 10 pounds whiting filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.

(over)

OCEAN PERCH-TOMATO SOUP--Continued

SUGGESTED MENUS

| Menu 1 | Menu 2 | Menu 3 School's Favorite |
|---|---|-----------------------------|
| Ocean Perch - Tomato Soup Grilled Cheese Sandwich Cole Slaw Raisin Cookies Butter or Margarine 1/2 Pint Milk | Ocean Perch - Tomato Soup Asparagus Salad Lemon Refrigerator Dessert Poppy Seed Roll Butter or Margarine 1/2 Pint Milk | |

PREPARING CANNED VEGETABLES

Vegetables J-1

Prepare in 25-portion lots to prevent vegetables from becoming broken or discolored.

TO HEAT ON RANGE TOP:

1. Pour off half the liquid; use for soups and gravies.
2. Transfer the contents of the can to a stock pot or the top of a double-boiler. Heat only long enough to bring to serving temperature.
3. Transfer vegetables to serving pans.
4. Add 8 ounces (1 cup) butter or margarine for each 10 pounds of drained vegetables.

TO HEAT IN STEAMER:

1. Pour off half the liquid; use for soups and gravies.
2. Transfer the contents of the can directly into serving pans (about 12 by 20 by 2 inches). Cover pans.
3. Heat in the steamer about 3 minutes.
4. Add 1 pound (2 cups) butter or margarine for each 10 pounds of vegetables.

BAKING POTATOES, SWEETPOTATOES, AND WINTER SQUASH

Vegetables J-2

The length of time required for a given vegetable to cook cannot be stated exactly because the time differs with the variety and maturity of each, and the length of time and the temperature at which the vegetable has been held since it was harvested. Each vegetable should be cooked for the shortest time necessary to give a palatable product. See timetable for approximate cooking time.

Timetable for baking fresh vegetables

| Vegetable | Preparation | Approximate baking time | Oven temperature |
|-----------------|---|---|------------------|
| Potatoes | Scrub. Sort for size. Grease skins if soft skin is desired. | 1 to 1-1/4 hours. | 425° F. |
| Squash, acorn | Wash, cut in half. Remove seeds and fiber. Brush with melted butter or margarine and sprinkle with salt and brown sugar. | 45 minutes covered; remove cover and bake 15 minutes longer or until lightly browned. | 400° F. |
| Squash, Hubbard | Wash. If peel is hard and tough soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peeling. Cut into pieces. Brush with melted butter or margarine and sprinkle with salt and brown sugar. | 45 minutes covered; remove cover and bake 15 minutes longer or until lightly browned. | 400° F. |
| Sweetpotatoes | Scrub. Sort for size. | 50 to 60 minutes. | 425° F. |

BOILING FRESH VEGETABLES

Vegetables J-3

1. The length of time required for a given vegetable to cook cannot be stated exactly because the time differs with the variety and maturity of each, the length of time and the temperature at which the vegetable has been held since it was harvested, and the size of the pieces into which it has been cut. Each vegetable should be cooked for the shortest time necessary to give a palatable product. See timetable for approximate cooking time

2. Add 8 ounces (1 cup) butter or margarine for each 10 pounds of drained vegetable.

Timetable for boiling fresh vegetables

| Vegetable | Preparation | For 10-pound lots of vegetable | | |
|---------------------|--|--------------------------------|---------|--------------------------|
| | | Boiling water | Salt | Approximate cooking time |
| Beans, lima | Shell. (Scald pods to make shelling easier.) Wash. | 2-1/2 qt. | 1 tbsp. | Minutes 20 to 25 |
| Beans, green or wax | Wash. Trim ends and remove strings. Cut or break into 1-inch pieces. | 2-1/2 qt. | 1 tbsp. | 30 to 40 |
| Beets | Remove tops, leaving 2-inch stem on beets. Wash. Do not pare or remove root. | Water to cover | None | 60 to 90 |

BOILING FRESH VEGETABLES--Continued

| Vegetable | Preparation | For 10-pound lots of vegetable | | |
|-----------------------------------|--|-----------------------------------|---------|-------------------------------------|
| | | Boiling water | Salt | Approximate cooking time |
| Broccoli spears | Cut off tough stalk ends. Wash. Soak in salted water 1/2 hour if insects are present. Drain. Peel stalks. Cut broccoli lengthwise if thick to speed cooking. | 3 qt. | 1 tbsp. | Minutes 10 to 20 |
| Cabbage, shredded | Remove wilted outside leaves. Wash, quarter, and core. Crisp in cold water if wilted. Shred. | 1-1/2 gal. | 2 tbsp. | 10 to 15 |
| Carrots | Wash; scrape or pare. Slice if desired. | 3 qt. | 1 tbsp. | Sliced, 15 to 20 Whole, 20 to 30 |
| Cauliflower | Remove outer leaves and stalks. Break into flowerets. Wash. Soak in salted water 1/2 hour if insects are present. Drain. | 1-1/2 gal. | 2 tbsp. | 15 to 20 |
| Chard, mustard, and turnip greens | Sort. Cut off tough stems. Wash at least 5 times, lifting greens out of water each time. | Only water clinging to the leaves | 1 tbsp. | 15 to 25 |
| Celery, Pascal | Wash, trim. Cut into 1-inch pieces. | 1 gal. | 1 tbsp. | 15 to 20 |

(continued on next card)

BOILING FRESH VEGETABLES--Continued

Vegetables J-3

| Vegetable | Preparation | For 10-pound lots of vegetable | | |
|-------------|--|--------------------------------|---|--------------------------|
| | | Boiling water | Salt | Approximate cooking time |
| Collards | Sort, trim. Strip leaves from coarse stems. Wash at least 5 times, lifting greens out of water each time. Stir occasionally while cooking. | 1 gal. | 1-1/2tbsp. (if salted meat is not used) | Minutes 20 to 35 |
| Corn on cob | Husk, remove silks. Wash. Do not allow to stand in water. | 1-1/4 gal. or to cover | 1-1/2tbsp. | 10 to 15 |
| Kale | Sort. Strip leaves from coarse stems. Wash at least 5 times, lifting out of water each time. Stir occasionally while cooking. | 1 gal. | 1-1/2tbsp. | 25 to 45 |
| Onions | Peel, wash. Quarter if large | 1-1/2 gal. | 2 tbsp. | 20 to 35 |
| Parsnips | Wash, pare. Quarter lengthwise and cut in 3-inch pieces. | 1-1/4 gal. | 1-1/2tbsp. | 20 to 30 |
| Potatoes | Scrub. Cut large potatoes to serving size. Peel and remove eyes if for mashing. | 1-1/4 gal. | 1-1/2tbsp. | 30 to 50 |
| Rutabagas | Wash. Pare and cut into 1-inch cubes. | 3 qt. | 1 tbsp. | 20 to 30 |

(over)

BOILING FRESH VEGETABLES--Continued

| Vegetable | Preparation | For 10-pound lots of vegetable | | |
|--------------------|---|-----------------------------------|----------------|--------------------------|
| | | Boiling water | Salt | Approximate cooking time |
| Spinach | Sort, trim. Cut off coarse stems and roots. Wash at least 5 times, lifting greens out of water each time. | Only water clinging to the leaves | 1 tbsp. | Minutes 10 to 20 |
| Squash, Hubbard | Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut in- to pieces. | 1-1/4 gal. | 1-1/2 tbsp. | 15 to 20 |
| Squash, summer | Wash, trim. Cut into 1-inch pieces. | 2 qt. | 2 tsp. | 10 to 20 |
| Sweetpotato- es | Scrub. Sort for size. | 1-1/4 gal. | None | 35 to 50 |
| Turnips | Wash, pare, and cut into 1-inch cubes. | 3 qt. | None | 15 to 20 |

BOILING FROZEN VEGETABLES

Vegetables J-4

1. To insure uniform cooking, thaw tightly packed frozen vegetables until they can be easily separated. For 2-1/2-pound packages, thaw at room temperature for about 5 hours. Loosely packed frozen vegetables need not be thawed before cooking. Cook in lots no larger than 10 pounds.
2. Add 1 teaspoon of salt to each quart of water used.
3. Add vegetable to boiling water; cover pan and bring quickly back to boiling.
4. Start timing when water returns to a boil. Cook for the time indicated in the timetable. Cooking times will vary with the quality of the frozen vegetable.
5. Drain and add 8 ounces (1 cup) of butter or margarine for each 10 pounds of vegetable.

Timetable for boiling frozen vegetables (10-pound lots)

| Vegetable | Boiling water | Approximate cooking time | Vegetable | Boiling water | Approximate cooking time |
|---|------------------------|---------------------------|------------------------------------|------------------------|---------------------------|
| Asparagus, cuts and tips | <u>Quarts</u> 1-1/2 | <u>Minutes</u> 7 to 10 | Corn, cut..... | <u>Quarts</u> 1-1/2 | <u>Minutes</u> 5 to 10 |
| Beans, blackeye (blackeye peas, cowpeas), green | 1 | 25 to 30 | Kale | 2 | 20 to 30 |
| Beans, baby lima... | 2 | 12 to 15 | Okra..... | 1 | 3 to 5 |
| Beans, large lima... | 2 | 6 to 12 | Peas, green | 1 | 5 to 10 |
| Beans, green, cut... | 1 | 5 to 30 | Peas and carrots.. | 1 | 8 to 10 |
| Broccoli, chopped.. | 1-1/2 | 8 to 20 | Squash, Hubbard (in double boiler) | 2 | 35 to 40 |
| Broccoli, spears... | 1-1/2 | 10 to 12 | Succotash..... | 2 | 6 to 15 |
| Cauliflower | 1-1/2 | 10 to 12 | Turnip greens..... | 2 | 25 to 30 |
| Collards..... | 1-1/2 | 30 to 40 | Vegetables, mixed. | 1 | 20 to 25 |



STEAMING FRESH VEGETABLES

Vegetables J-5

1. The length of time required for a given vegetable to cook cannot be stated exactly because the time differs with the variety and maturity of each, the length of time and the temperature at which the vegetable has been held since it was harvested, and the size of the pieces into which it has been cut. Each vegetable should be cooked for the shortest time necessary to give a palatable product. See timetable for approximate cooking time in a compartment steamer.
2. Add 8 ounces (1 cup) butter or margarine for each 10 pounds of vegetable.
3. Add salt if desired, using 1 ounce (2 tablespoons) for each 10 pounds of vegetable.

Timetable for steaming fresh vegetables at 5 pounds pressure

| Vegetable | Preparation | Type of container ¹ for steaming, and fill | Approximate cooking time |
|---------------------|--|---|--------------------------|
| Beans, lima | Shell. (Scald pods to make shelling easier.) Wash. | Solid (1/2 full) | Minutes 15 to 20 |
| Beans, green or wax | Wash. Trim ends and remove strings. Cut or break into 1-inch pieces. | Solid (1/3 full) Perforated (2/3 full) | 20 to 30 20 to 30 |
| Beets | Remove tops, leaving 2-inch stem on beets. Wash. Do not pare or remove root. | Solid (full) Perforated (full) | 60 to 75 60 to 75 |

¹ Steamer baskets, 9 by 23 by 11 inches.

STEAMING FRESH VEGETABLES--Continued

| Vegetable | Preparation | Type of container ¹ for steaming, and fill | Approximate cooking time |
|-----------------------------------|--|---|--------------------------|
| Broccoli spears | Cut off tough stalk ends. Wash. Soak in salted water 1/2 hour if insects are present. Drain. Peel stalks. Cut broccoli lengthwise if thick to speed cooking. | Single layer in shallow pan (2 to 2-1/2 pounds per pan) | Minutes 7 to 10 |
| Cabbage, shredded | Remove wilted outside leaves. Wash, quarter and core. Crisp in cold water if wilted. Shred. | Solid (1/2 full) Perforated (1/3 full) | 10 to 12 5 to 10 |
| Carrots | Wash, scrape or pare. | Solid (1/2 full) Perforated (1/2 full) | 20 to 30 15 to 20 |
| Cauliflower | Remove outer leaves and stalks. Break into flowerets. Wash. Soak in salted water 1/2 hour if insects are present. Drain. | Solid (1/3 full) Perforated (1/4 full) | 10 to 12 8 to 10 |
| Celery, Pascal | Wash, trim. Cut into 1-inch pieces. | Solid (filled to depth of 1-1/2 inches) Perforated (filled to depth of 2-1/2 inches) | 12 to 15 10 to 12 |
| Chard, mustard, and turnip greens | Sort. Cut off tough stems. Wash at least 5 times, lifting greens out of water each time. | Solid (3/4 full) | 15 to 25 |

¹ Steamer baskets, 9 by 23 by 11 inches.

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STEAMING FRESH VEGETABLES--Continued

Vegetables J-5

| Vegetable | Preparation | Type of container ¹ for steaming, and fill | Approximate cooking time |
|-------------|---|---|---------------------------------|
| Collards | Sort, trim. Strip leaves from coarse stems. Wash at least 5 times, lifting greens out of water each time. | Solid (1/2 full) Perforated (1/2 full) | Minutes 20 to 30 15 to 20 |
| Corn on cob | Wash, remove silks. Wash. Do not allow to stand in water. | Perforated (25 portions) | 8 to 10 |
| Kale | Sort. Strip leaves from coarse stems. Wash at least 5 times, lifting out of water each time. | Solid (1/4 full) Perforated (1/4 full) | 25 to 35 15 to 20 |
| Onions | Peel, wash. Quarter if large. | Perforated (1/3 full) | 20 to 25 |
| Parsnips | Wash and pare. Quarter lengthwise and cut in 3-inch pieces. | Perforated (1/4 full) | 15 to 20 |
| Potatoes | Scrub. Cut large potatoes to serving size. Peel and remove eyes if for mashing. | Solid (3/4 full) Perforated (3/4 full) | 30 to 45 30 to 35 |
| Rutabagas | Wash. Pare and cut into 1-inch cubes. | Solid (1/2 full) Perforated (1/2 full) | 20 to 30 15 to 25 |

¹ Steamer baskets, 9 by 23 by 11 inches.

STEAMING FRESH VEGETABLES---Continued

| Vegetable | Preparation | Type of container ¹ for steaming, and fill | Approximate cooking time |
|-----------------|---|---|-----------------------------|
| Spinach | Sort, trim. Cut off coarse stems and roots. Wash at least 5 times, lifting greens out of water each time. | Solid (1/2 full) Perforated (1/2 full) | Minutes 6 to 8 4 to 6 |
| Squash, Hubbard | Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut into pieces. | Solid (1/2 full) Perforated (1/2 full) | 15 to 20 12 to 15 |
| Squash, summer | Wash, trim. Cut into 1-inch pieces. | Solid (3/4 full) Perforated (1/3 full) | 15 to 20 8 to 12 |
| Sweetpotatoes | Scrub. Sort for size. | Solid (3/4 full) Perforated (3/4 full) | 30 to 40 20 to 30 |
| Turnips | Wash, pare, and cut into 1-inch cubes. | Perforated (1/2 full) | 10 to 15 |

¹ Steamer baskets, 9 by 23 by 11 inches.

STEAMING FROZEN VEGETABLES

Vegetables J-6

- 1. To insure uniform cooking, thaw tightly packed frozen vegetables until they can be easily separated. For 2-1/2-pound packages, thaw at room temperature for about 5 hours. Loosely packed frozen vegetables need not be thawed before cooking.
- 2. Place vegetables in 5-pound lots in solid steamer pans. Leave uncovered unless otherwise specified. Mashed winter squash should be covered with foil to prevent water from collecting in the pans.
- 3. Steam in a compartment steamer for the time indicated in the timetable. Cooking times will vary with the quality of the frozen vegetable.
- 4. Drain and add 4 ounces (1/2 cup) of butter or margarine for each 5 pounds of vegetable. Add salt if desired, using 1 tablespoon for each 5-pound lot.

Timetable for steaming frozen vegetables at 5 pounds pressure

| Vegetable | Approximate Cooking time | Vegetable | Approximate cooking time |
|-------------------------------|--------------------------|-------------------------|--------------------------|
| Asparagus, cuts and tips..... | Minutes 5 to 10 | Corn, cut..... | Minutes 5 to 10 |
| Beans, blackeye (blackeye | | Kale | 20 to 30 |
| peas, cowpeas), green | 15 to 25 | Okra..... | 3 to 5 |
| Beans, baby lima | 10 to 15 | Peas, green | 3 to 5 |
| Beans, large lima | 12 to 20 | Peas and carrots..... | 3 to 5 |
| Beans, green, cut | 10 to 15 | Squash, Hubbard | 20 to 25 ¹ |
| Broccoli, chopped | 15 to 20 | Succotash | 12 to 20 |
| Broccoli spears..... | 4 to 5 | Turnip greens | 15 to 20 |
| Cauliflower..... | 4 to 5 | Vegetables, mixed | 15 to 20 |
| Collards | 15 to 40 | | |

¹ Covered with foil.



CORN PUDDING

Vegetables J-7

| 100 Portions | | Ingredients | For Portions | Directions |
|---|---|--|--|---|
| Weights | Measures | | | |
| 9 lb. 9 oz. | 1 gal. 2-1/4 qt.. 1-1/2 gal.. | Drained cooked whole-kernel corn Corn liquid plus water | | 1. Divide the corn among 4 greased baking pans (about 12 by 20 by 2 inches). 2. Add water to corn liquid to make 1-1/2 gallons. |
| 2 lb..... 12 oz. 2 oz. 5 oz. | 2 qt..... 1-3/4 qt.. (36) 1-1/2 cups 1/4 cup ... 1 cup | Nonfat dry milk.. Eggs, well beaten Melted butter or margarine Salt Chopped green pepper, if de- sired. | | 3. Sprinkle dry milk over the liquid and beat until smooth. 4. Add eggs, fat, and salt; blend well. Add green pepper, if desired. 5. Cover corn with egg-milk mixture. 6. Set pans in pans of hot water and bake at 350° F. (moder- ate) about 40 minutes or un- til set. |

PORTION: 1/2 cup--provides 1/4 cup vegetable.



CREAMED MIXED VEGETABLES

Vegetables J-8

| 100 Portions | | Ingredients | For — Portions | Directions |
|------------------------|--------------------------|---|----------------------|---|
| Weights | Measures | | | |
| 5 lb. | 1-1/4 gal. . | Celery, cut in 1/2-inch pieces | | 1. Cook celery, carrots, and green beans (card J-3). Add peas the last 5 minutes of cooking. Drain. |
| 5 lb. | 1 gal. | Diced carrots | | |
| 3 lb. | 3 qt. | Green beans, cut in 1/2-inch pieces | | |
| 5 lb. 8 oz. 1-1/2 oz.. | 1 gal. 3 tbsp. | Frozen green peas Salt | | |
| 14 oz. | 1-3/4 cups | Butter or margarine | | |
| 10 oz. | 2-1/2 cups, sifted | All-purpose flour | | 2. Prepare white sauce (card H-8 or H-9). 3. Add vegetables to the sauce. Mix carefully to avoid breaking vegetables. Heat thoroughly. |
| 2-1/2 oz. . | 1/3 cup 1-1/4 gal.. | Salt | | |
| | | Hot milk or half milk and half liquid from vegetables | | |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

(over)

CREAMED MIXED VEGETABLES--Continued

VARIATIONS

1. CREAMED CARROTS AND PEAS: Use 10 pounds 6 ounces (2 gallons 1 cup) diced carrots and 10 pounds (1 gallon 3-1/4 quarts) green peas as only vegetables. One portion provides 1/2 cup vegetable.
2. CREAMED POTATOES: Use 25 pounds (3 gallons 1/2 quart) diced cooked potatoes as only vegetable and 1/2 ounce (1/2 cup) chopped parsley (for garnish). One portion provides 1/2 cup vegetable.

GLAZED SWEETPOTATOES

Vegetables J-9

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|---|---|--|----------------------------------|---|
| Weights | Measures | | | |
| 28 lb. 12 oz. | 3 gal. 1/2 qt. | Sliced cooked sweetpotatoes | | 1. Place sweetpotatoes in 4 baking pans (about 12 by 20 by 2 inches). |
| 2 lb. 10 oz. <u>or</u> 2 lb. 10 oz. | 1-1/4 qt. . . <u>or</u> 1-1/2 qt., packed | Granulated sugar <u>or</u> Brown sugar | | 2. Combine sugar, salt, and cornstarch. Stir in water and cook for 15 minutes. Add the fat. |
| 1-1/4 oz. 10 oz. | 2-2/3 tbsp. 2-2/3 tbsp. 2-3/4 qt. . . 1-1/4 cups | Salt Cornstarch Water Butter or margarine | | 3. Pour sauce over sweet- potatoes so that each piece is coated. 4. Bake at 350° F. (moderate) 1-1/2 hours. Baste pota- toes with the sirup. |

PORTION: About 1/2 cup--provides 1/2 cup vegetable.

GLAZED SWEETPOTATOES--Continued

VARIATIONS

1. HONEY CANDIED SWEETPOTATOES: Use 2 pounds 10 ounces (3-1/2 cups) honey in place of sugar and only 1-3/4 quarts water. One portion provides 1/2 cup vegetable.
2. GLAZED CARROTS: Use 18 pounds (3 gallons 1/2 quart) cooked carrots in place of sweetpotatoes. One portion provides 1/2 cup vegetable.
3. GLAZED TURNIPS: Use 21 pounds 8 ounces (3 gallons 1/2 quart) cooked turnips in place of sweetpotatoes. Cut into 1/4-inch slices. One portion provides 1/2 cup vegetable.

GOLDEN POTATOES

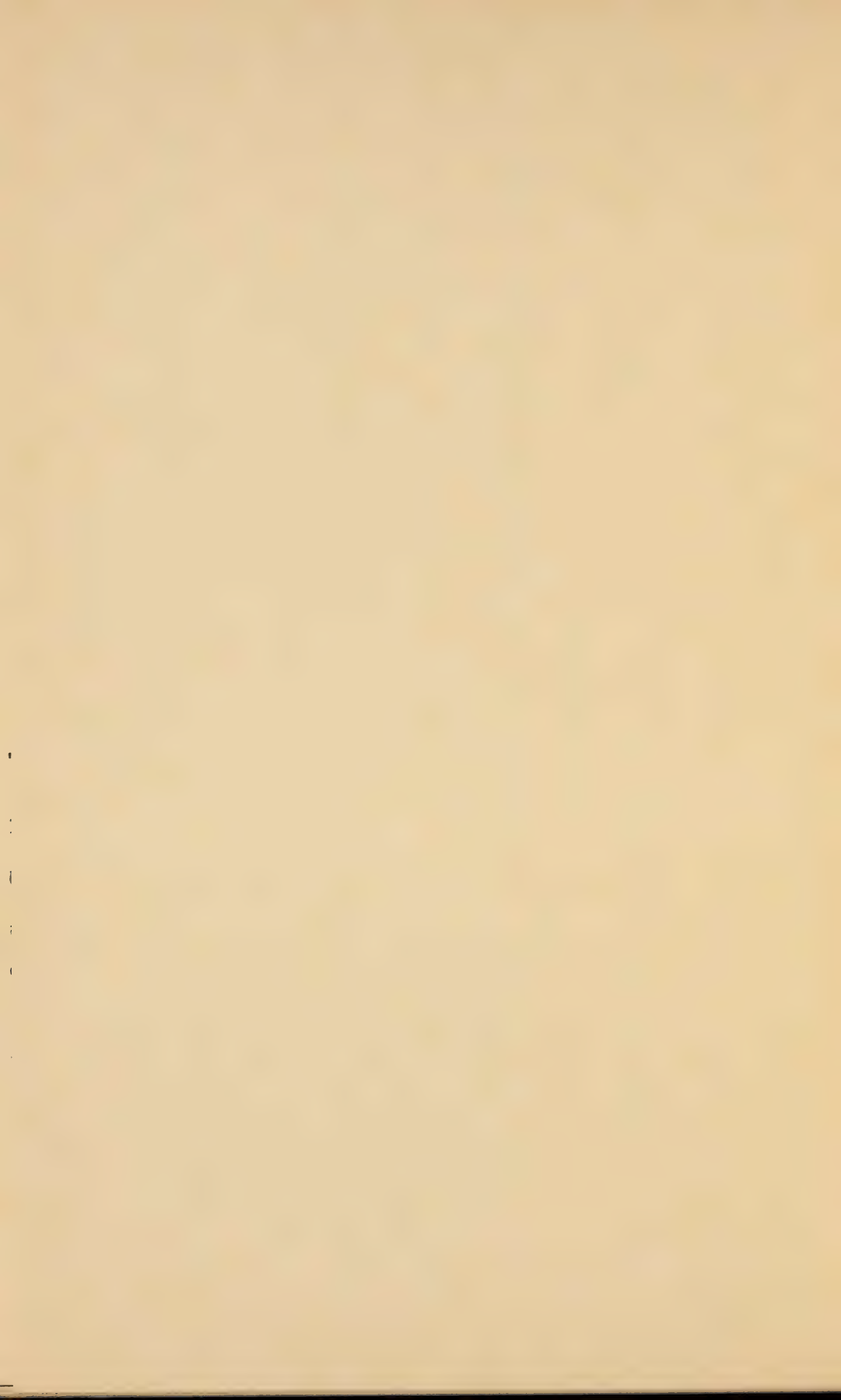
Vegetables J-10

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|--------------|----------------------------|-----------------------|--|
| Weights | Measures | | | |
| 25 lb. | 100 | Pared steamed potatoes | | 1. Coat each potato with fat. |
| 1 lb. | 2 cups | Melted butter or margarine | | |
| | 2 qt. | Crushed flake cereal | | 2. Roll potatoes in cereal mixed with the salt. |
| 2-1/2 oz.. | 1/3 cup | Salt | | 3. Bake on greased sheet pans at 500o F. (extremely hot) 30 minutes. |

PORTION: 1 potato--provides about 1/2 cup vegetable.

VARIATIONS

- 1. GOLDEN PARSNIPS: Use 20 pounds cooked parsnips (if large cut in half) in place of potatoes. One portion provides about 1/2 cup vegetable.
- 2. GOLDEN CARROTS: Use 18 pounds cooked carrots in place of potatoes. One portion provides about 1/2 cup vegetable.



HARVARD BEETS

Vegetables J-11

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--|--|--|--|--|
| Weights | Measures | | | |
| 27 lb. | | Beets Water to cover . . . | | 1. Wash beets and cook in water until tender (card J-3). Peel beets; dice or slice. . |
| 2-1/2 oz. 1 lb. 8 oz. 9 oz. | 1/3 cup 3 cups 2 cups 3-1/2 qt. | Salt Sugar Cornstarch Water | . | 2. Combine salt, sugar, and cornstarch. Stir in the water. Cook until thick and smooth, stirring constantly. |
| 12 oz. | 2 cups 1-1/2 cups | Vinegar Butter or margarine | | 3. Add vinegar and fat. 4. Pour sauce over beets. Heat. |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATION

1. BEETS IN ORANGE SAUCE: Use 3-1/2 quarts orange juice in place of water, 2 cups lemon juice in place of vinegar, and add 1/4 cup grated orange rind. One portion provides 1/2 cup vegetable.

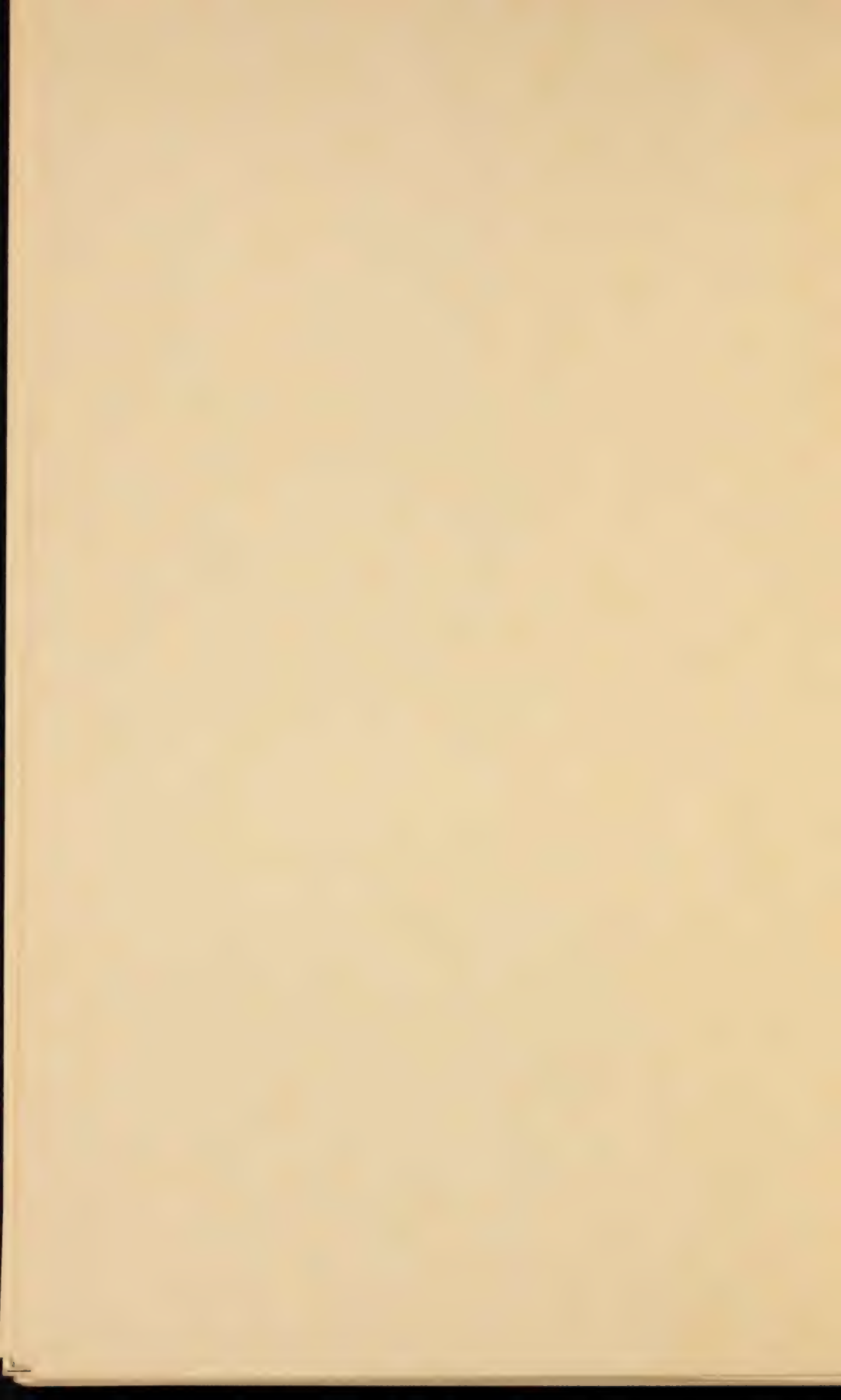


MASHED POTATOES

Vegetables J-12

| 100 Portions | | Ingredients | For — Portions | Directions |
|-----------------------------------|---|---|-------------------------|---|
| Weights | Measures | | | |
| 25 lb. ... | | Pared potatoes ... | | 1. Boil or steam potatoes until tender (card J-3 or J-5). Drain. 2. Mash in mixer on low speed until smooth. |
| 2 oz. 1 lb. | 1 to 1-1/2 qt. 1/4 cup ... 2 cups.... | Hot milk..... Salt Melted butter or margarine | | 3. Gradually add just enough milk to moisten. Add salt and fat, beating on low speed. 4. Mix on high speed until well blended and potatoes are light and fluffy. 5. Portion with a No. 8 scoop (1/2 cup). |

PORTION: 1/2 cup--provides 1/2 cup vegetable.



SCALLOPED CABBAGE

Vegetables J-13

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------|---------------|---------------------|-----------------------|---|
| Weights | Measures | | | |
| 11 lb. | 2-3/4 gal. | Shredded cabbage. | | 1. Cook cabbage (card J-5). |
| 4 oz. | 1/2 cup .. | Butter or margarine | | 2. Prepare white sauce (card H-8 or H-9). |
| 4 oz. | 1 cup, sifted | All-purpose flour. | | 3. Add cheese. |
| 1-1/2 oz. | 3 tbsps. | Salt. | | 4. Mix sauce and cabbage. |
| | 3 qt. | Hot milk. | | Place in 2 baking pans |
| 2 lb. 4 oz. | 2-1/4 qt. | Grated cheese. | | (about 12 by 20 by 2 inches). |
| 8 oz. | 2 cups. | Dry bread crumbs | | 5. Top with crumbs which have |
| 1 oz. | 2 tbsps. | Butter or margarine | | been mixed with the fat. |
| | | | | 6. Bake at 350° F. (moderate) |
| | | | | 20 minutes or until brown. |

PORTION: About 1/4 cup--provides 1/4 cup vegetable.

VARIATIONS

- SCALLOPED ONIONS: Use 13 pounds (2-1/2 gallons) peeled small onions in place of cabbage. One portion provides 1/4 cup vegetable.
- SCALLOPED CAULIFLOWER: Use 7 pounds (1 gallon 2-1/2 quarts) cauliflower flowerets in place of cabbage. One portion provides 1/4 cup vegetable.

SCALLOPED POTATOES

Vegetables J-14

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-------------------|---------------------------|-------------------|---|
| Weights | Measures | | | |
| 1 lb..... | 2 cups..... | Butter or margarine | | 1. Prepare white sauce (card H-8 or H-9). Add onion, if desired. |
| 8 oz..... | 2 cups, sifted | All-purpose flour. | | |
| 4 oz..... | 1/2 cup.... | Salt..... | | |
| | 2 gal..... | Hot milk..... | | |
| 6 oz..... | 1 cup..... | Chopped onion, if desired | | |
| 25 lb..... | | Pared potatoes ... | | 2. Slice potatoes thin. 3. Place potatoes in 4 baking pans (about 12 by 20 by 2 inches). Cover with sauce, 2 quarts per pan. 4. Cover and bake at 350° F. (moderate) 1/2 hour. Remove cover and bake about 1 hour longer or until potatoes are cooked and top is brown. |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

(over)

SCALLOPED POTATOES--Continued

VARIATION

1. SCALLOPED POTATOES AND CARROTS: Use only 17 pounds of potatoes and add 8 pounds (2 gallons) sliced carrots. Place carrots on bottom of baking pans, potatoes on top. One portion provides 1/2 cup vegetable.

SPANISH RICE

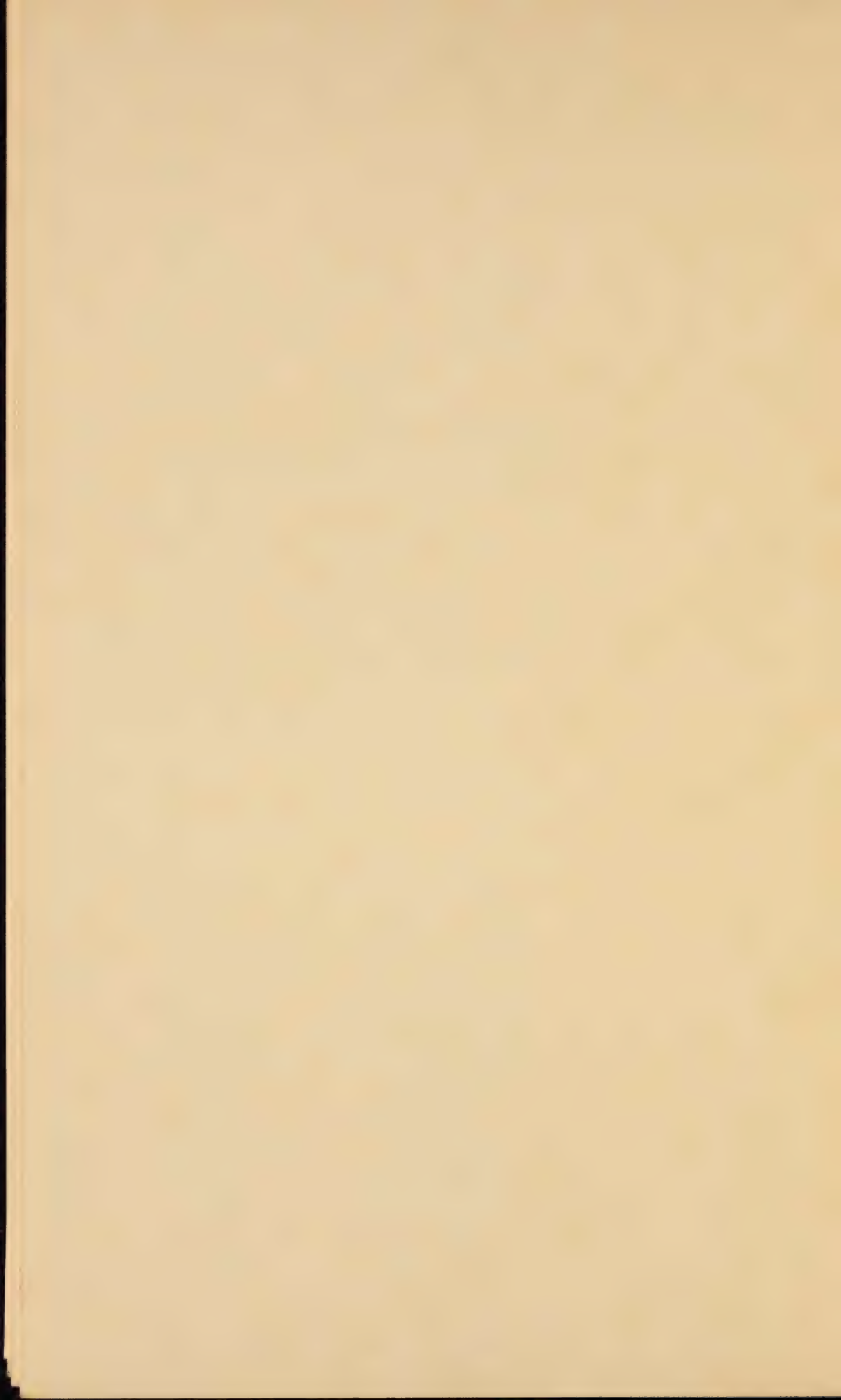
Vegetables J-15

| 100 Portions | | Ingredients | For — Portions | Directions |
|--|--|---|---|---|
| Weights | Measures | | | |
| 1 lb. 6 oz. 1 lb. | 3-2/3 cups 3 cups.... | Chopped onion. Chopped green pepper Chopped celery.... Butter or margarine | | 1. Cook onion, green pepper, and celery in the fat. |
| 12 oz. 10 oz. | 3 cups.... 1-1/4 cups | | | |
| 10 lb. 8 oz. | 1-3/4 gal. | Cooked rice (card B-12 or B-13) Canned tomatoes .. Salt..... Sugar Worcestershire sauce | | |
| 2 oz. 3 oz. | 2 gal. 1/4 cup ... 1/3 cup ... 1 tbsps.... | | | 2. Add rice, tomatoes, salt, sugar, and worcestershire sauce. Simmer until thick. 3. Portion with a No. 8 scoop (1/2 cup). |

PORTION: 1/2 cup--provides about 1/4 cup vegetable.

VARIATION

1. STUFFED PEPPERS: Cut 50 large peppers in half, remove seeds, and parboil or steam. Drain peppers and fill halves with Spanish Rice mixture. Bake at 400° F. (hot) until brown. Serve with a cheese sauce (card H-8 or H-9), if desired. One portion provides 1/2 cup vegetable.



STEWED TOMATOES

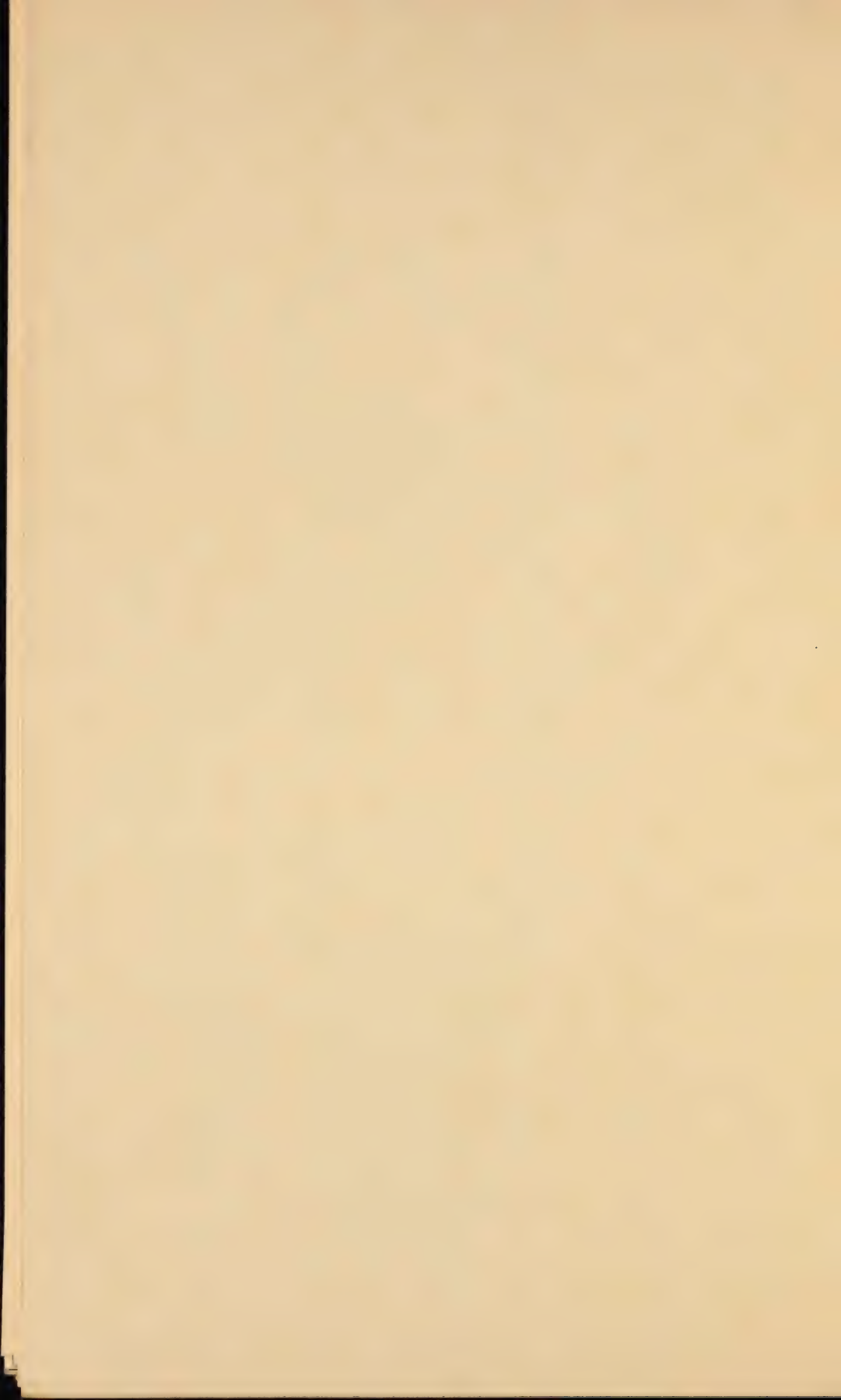
Vegetables J-16

| 100 Portions | | Ingredients | For — Portions | Directions |
|--------------|-----------------|-------------------------------|-------------------|--|
| Weights | Measures | | | |
| | 3 gal 1-1/2 qt. | Canned tomatoes.. | | 1. Combine tomatoes, sugar, and salt. Heat. |
| 6 oz..... | 3/4 cup.... | Sugar, if desired . | | |
| 3/4 oz. | 1-1/2 tbsp. | Salt | | |
| 3 oz. | 1/3 cup.... | Melted butter or margarine | | 2. Add the fat. Or mix fat with flour, if used, and blend with a small amount of the hot mixture. Add to remaining tomato mixture. |
| 4 oz. | 1 cup, sifted | All-purpose flour, if desired | | |
| | | | | 3. Simmer 15 minutes. |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATIONS

1. STEWED TOMATOES WITH BREAD: Omit flour. Add 8 ounces (2 quarts) toasted bread cubes, together with the butter or margarine, to the hot seasoned tomatoes. One portion provides 1/2 cup vegetable.
2. STEWED TOMATOES AND OKRA: Use only 1-3/4 gallons canned tomatoes and add 1-1/2 gallons cooked sliced okra. One portion provides 1/2 cup vegetable.
3. STEWED TOMATOES AND GREEN BEANS: Use only 1-3/4 gallons canned tomatoes and add 1-1/2 gallons cooked cut beans. One portion provides 1/2 cup vegetable.

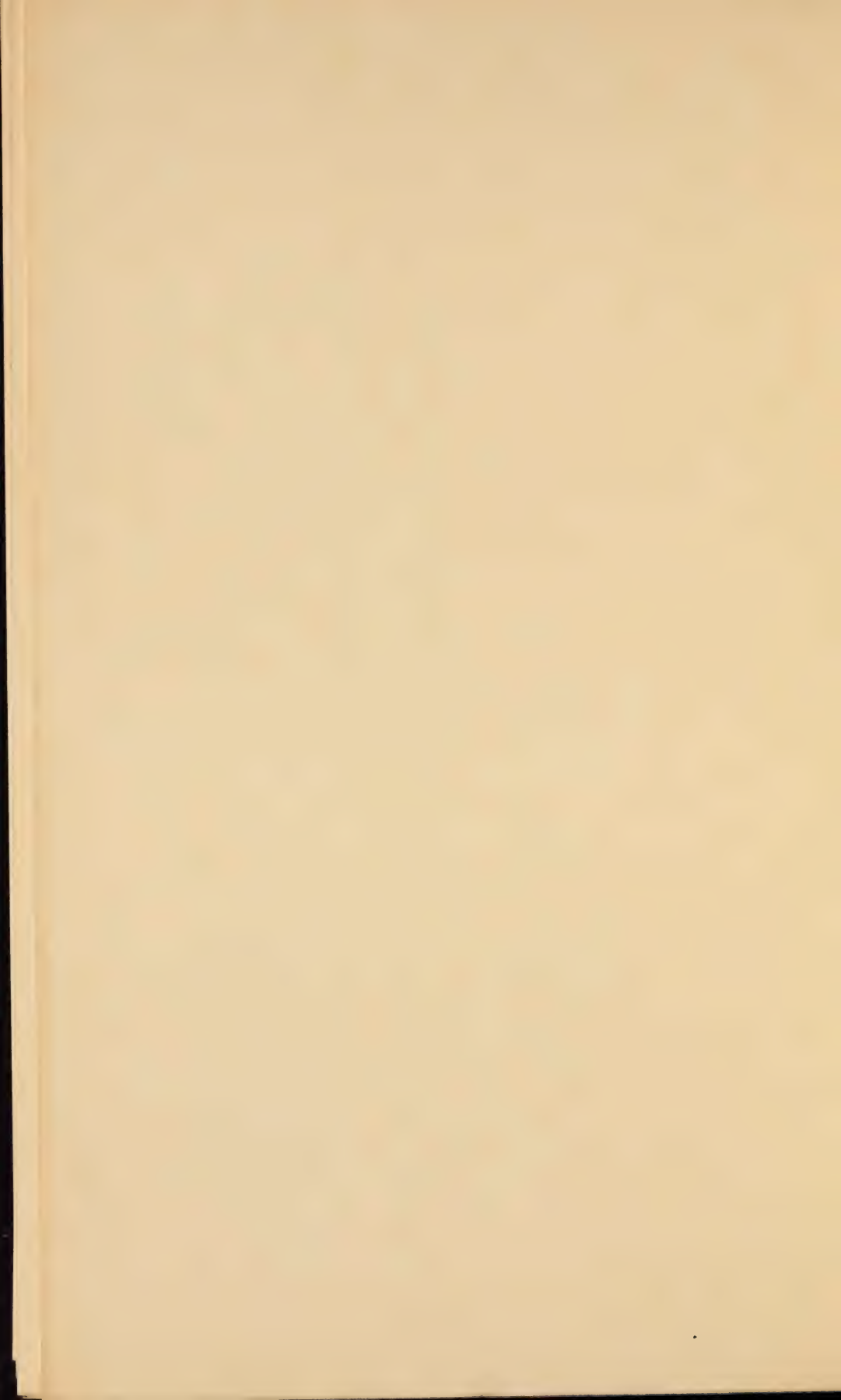


STEWED TOMATOES WITH RICE

Vegetables J-17

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------|-------------|---------------------|-----------------------|---|
| Weights | Measures | | | |
| | 4-1/4 gal. | Canned tomatoes.. | | 1. Combine all ingredients. 2. Cover and simmer about 20 minutes or until rice is tender. Stir occasionally. |
| 1 lb. 5 oz. | 3 cups | Uncooked rice | | |
| 1 oz..... | 2 tbsp..... | Sugar..... | | |
| 1 oz..... | 2 tbsp..... | Salt | | |
| 4 oz..... | 1/2 cup ... | Butter or margarine | | |

PORTION: 1/2 cup--provides about 1/2 cup tomatoes.

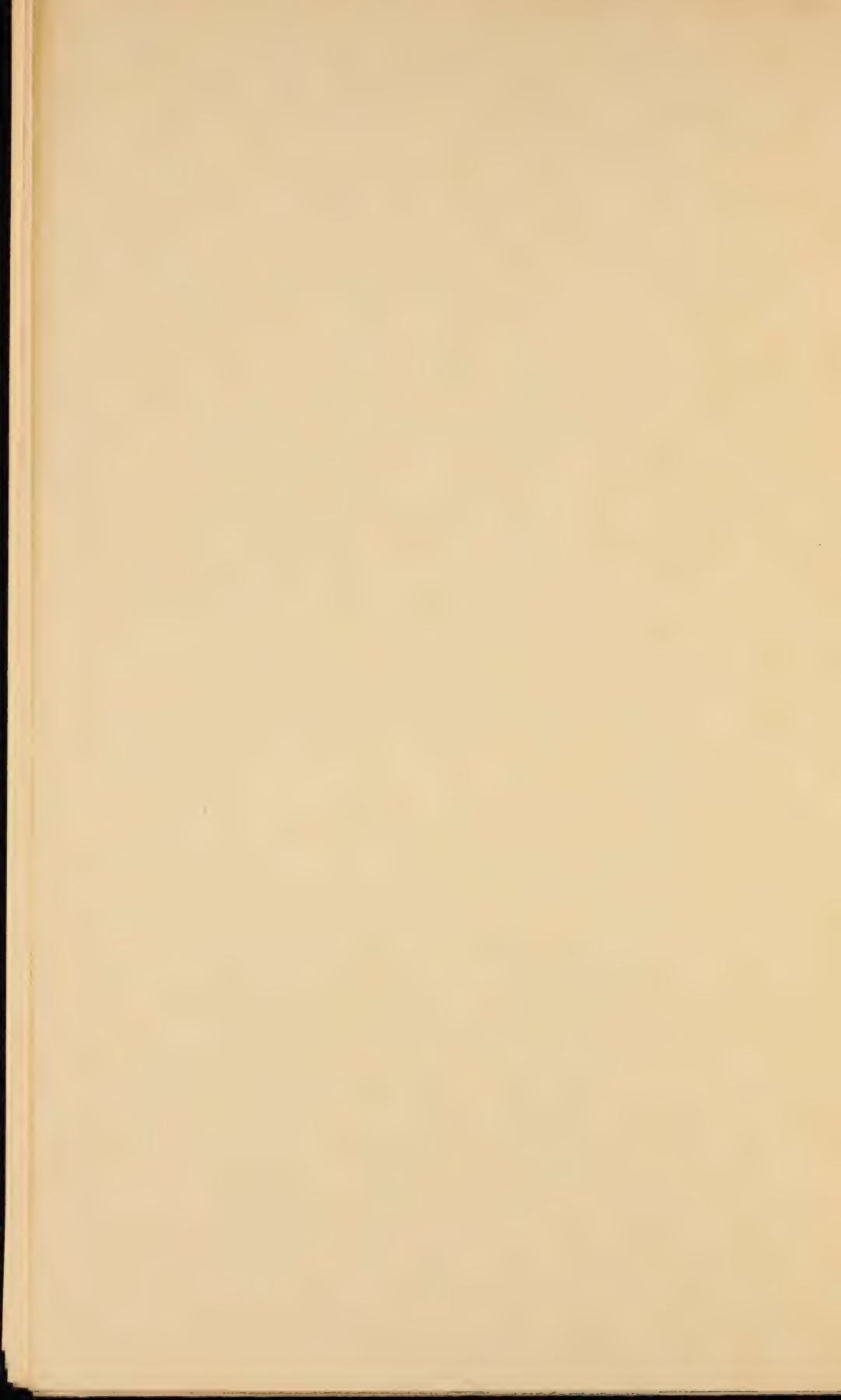


SWEETPOTATOES AND APPLES

Vegetables J-18

| 100 Portions | | Ingredients | For — Portions | Directions |
|---------------------------|----------------------------|-----------------------------------|-------------------|---|
| Weights | Measures | | | |
| 25 lb. | 2-3/4 gal. | Sliced cooked sweetpotatoes | | 1. Place a layer of sweetpotatoes in 4 greased baking pans (about 12 by 20 by 2 inches) and cover with a layer of apples. 2. Sprinkle with sugar and salt, dot with the fat. 3. Repeat until pans are filled. |
| 4 lb. | 1 gal. | Sliced pared tart apples | | |
| 2 lb. 10 oz. | 1-1/2 qt., packed | Brown sugar | | |
| 1 oz. 10 oz. | 2 tbsp. 1-1/4 cup. | Salt Butter or margarine | | 4. Add a small amount of water to each pan. 5. Bake at 350° F. (moderate) 1 hour. |
| | 2/3 to 1 cup | Water | | |

PORTION: 1/2 cup--provides about 1/2 cup vegetable and fruit.



POTATO PUFF

Vegetables J-19

| 100 Portions | | Ingredients | For _____ Portions | Directions |
|--------------------------|--------------------------------|--------------------------------------|-----------------------|--|
| Weights | Measures | | | |
| 1 lb. 4 oz. | 1 gal. 2-1/2 cups. | Hot milk..... Butter or margarine | | 1. Combine milk, fat, and salt. Beat into mashed potatoes until smooth. Blend in egg yolks. |
| 4 oz. 25 lb. ... | 1/2 cup 3 gal. 1/2 qt. | Salt..... Cooked potatoes, mashed | | |
| | 1-1/3 cup (16) | Egg yolks..... | | |
| | 2 cups (16) | Egg whites..... | | 2. Beat egg whites stiff but not dry. Fold into mixture. 3. Place in 4 greased baking pans (about 12 by 20 by 2 inches). 4. Bake at 375o F. (moderate) 35 to 45 minutes. |

PORTION: 2/3 cup--provides 1/2 cup vegetable.

VARIATION

- CHEESE-POTATO PUFF: Add 1 pound 8 ounces (1-1/2 quarts) grated cheese to mashed potatoes. One portion provides 1/2 cup vegetable.



SWEETPOTATO-MARSHMALLOW CASSEROLE

Vegetables J-20

| 100 Portions | | Ingredients | For ____ Portions | Directions |
|--------------|---------------------|-----------------------------|-------------------------|---|
| Weights | Measures | | | |
| 28 lb. . . . | 3 gal. 1 1/2 qt. | Hot mashed sweetpotatoes | | 1. To sweetpotatoes, add the fat, salt, spices, and orange juice. Beat until light and fluffy, adding just enough milk so that the mixture is soft but not wet. |
| 1 lb. 4 oz. | 2-1 1/2 cups | Butter or margarine | | 2. Spread mixture in 4 greased baking pans (about 12 by 20 by 2 inches), 3-1/2 quarts or 7 pounds 8 ounces per pan. |
| 1-1 1/2 oz. | 3 tbsp. | Salt. | | 3. Bake at 350° F. (moderate) 20 minutes. |
| | 1 tsp. | Nutmeg | | |
| | 1 tsp. | Cinnamon | | |
| | 1/4 cup . . . | Orange juice . . . | | |
| | About 2 cups | Hot milk | | |
| | 100 | Marshmallows.. | | 4. Top with marshmallows and bake 10 minutes longer, or until marshmallows are lightly browned. |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

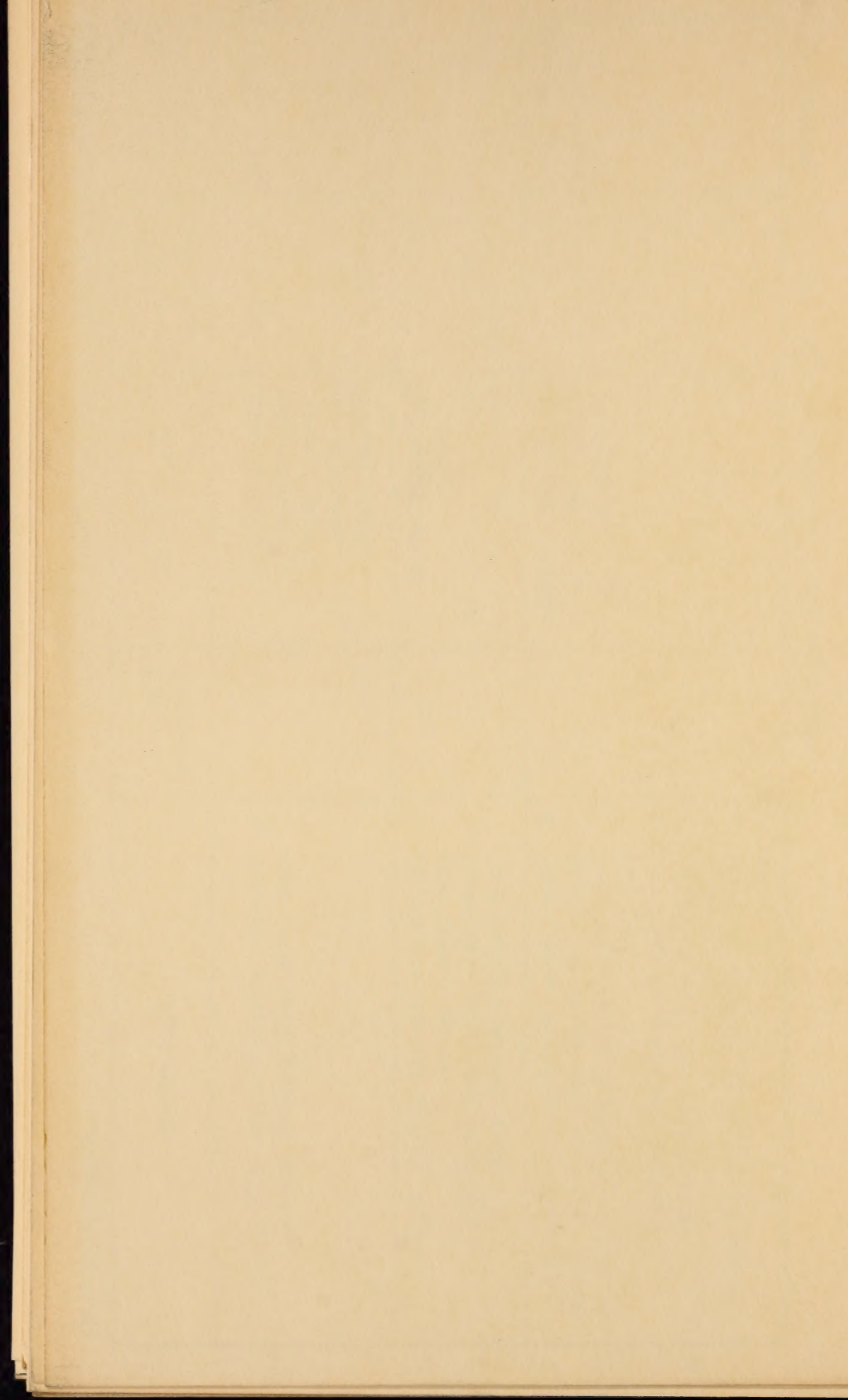


BAKED SAUERKRAUT

Vegetables J-21

| 100 Portions | | Ingredients | For --- Portions | Directions |
|----------------------------|---------------------------|---|------------------------|--|
| Weights | Measures | | | |
| 21 lb. 4 oz. | 3-1/4 gal. | Drained canned sauerkraut (re-serve liquid) | | 1. Fry bacon until crisp. Add onion and cook until lightly browned. |
| 1 lb. 8 oz. 12 oz. | 2 cups | Diced bacon Chopped onion | | |
| | 1 qt. | Hot sauerkraut liquid | | 2. Blend sauerkraut liquid, sugar, and tomato paste. |
| 1 lb. 2 lb. | 2 cups 3-1/3 cups | Sugar Tomato paste | | 3. Combine bacon and sauerkraut. Add liquid and mix well. |
| 8 oz. 8 oz. | 2 cups 1 cup | Dry bread crumbs Melted butter or margarine | | 4. Place sauerkraut in 4 baking pans (about 12 by 20 by 2 inches), about 2-3/4 quarts or 5 pounds 10 ounces per pan. |
| | | | | 5. Combine crumbs and fat and sprinkle over the sauerkraut mixture. |
| | | | | 6. Bake at 400° F. (hot) for 20 minutes. |

PORTION: About 1/2 cup--provides 1/2 cup vegetable.



| 100 Portions | | Ingredients | For _____ Portions | Directions |
|----------------------------|---|---|---|---|
| Weights | Measures | | | |
| 26 lb. | 3 gal. 1 1/2 qt. 1-1/3 tbsp. | Mashed Hubbard squash Salt | | 1. Blend the squash and salt. 2. Place in 4 baking pans (about 12 by 20 by 2 inches), 3 quarts 1/2 cup or 5 pounds 6 ounces per pan. |
| | 2-1/4 qt. 2 tsp. 2 tbsp..... 2/3 cup..... 2-3/4 cups, packed 3 cups..... 1-1/2 cups | Orange juice Lemon juice..... Grated orange rind Cornstarch Brown sugar Sugar Butter or margarine | | 3. Combine fruit juices, grated rind, cornstarch, sugars, and fat. Cook until thickened, stirring constantly. 4. Pour 3-1/3 cups or 1 pound 14 ounces of the sauce over each pan of squash. |
| 1 lb. 8 oz. 12 oz. | | Crushed flake cereal | | 5. Top with cereal, 3 cups or 3 ounces per pan. 6. Bake at 400° F. (hot) 15 minutes or until cornflakes are brown. |

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATION

1. ORANGE SWEETPOTATOES: Use 28 pounds (3 gallons 1/2 quart) mashed sweetpotatoes in place of squash. One portion provides 1/2 cup vegetable.

